BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 46 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. **Jan., 1915**

A COMPILATION OF ORDINANCES ENACTED SINCE 1909, AND RELATING TO

THE PUBLIC HEALTH, INCLUDING CITY HEALTH OFFICER SANITARY NUISANCES, THEIR PREVENTION AND ABATEMENT, CONTAGIOUS DISEASES, STABLE REGULATIONS, FUMIGATION, AND REGULATIONS, CONCERNING MILK AND OTHER DAIRY PRODUCTS.

INDEX TO ORDINANCES RELATING TO BOARD OF HEALTH IN BOURNE'S ASHEVILLE CODE

Compiled by C. V. Reynolds, Health Officer.

The Mountain Girt City; the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool, alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

BOARD OF HEALTH

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. C. V. REYNOLDS DR. E. B. GLENN
DR. W. L. DUNN DR. A. W. CALLOWAY

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS

C. V. REYNOLDS M. D., Health Officer, Phones: Residence, 174; Office 15.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist; Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

Population { White - 15,000 / Colored - 5,000 } **20,000**

FOREWORD

We hope that the Bulletins for November and December have been missed by our readers, but believing that an index to all ordinances relating to public health would be of special value and interest, we have compiled such a list, including all ordinances put on our books since Bourne's Code was printed.

It has taken a great deal of time to hunt out and compile these various ordinances and index them, and *we beg of you to not consign this pamphlet to the waste basket.* Allow it to serve you as a faithful friend, always giving needed advice in regard to health measures.

BASEMENT FLOORS

(See Bourne's Asheville Code)

Sec. 332 How made.

BILLBOARDS

(See Bourne's Asheville Code)

Sec. 772 Regulations for erection of.

BIRTHS

(See Bourne's Asheville Code)

Sec. 483 Report of.
484 Physicians to register.

BUILDING INSPECTOR

(See Bourne's Asheville Code)

Sec. 306 Qualifications.
307 Salary, Removal.
308 Powers and duties.
744 Billboards, etc., to be erected under supervision of.
310 Inspections of buildings.

BURIALS

(See Bourne's Asheville Code)

Sec. 481 Burial and transit permits.
482 Burials in contagious diseases.
378 Separate burial places for colored people.
379 Burial and transit permits for colored people.
367 Merchandise not to be sold in any cemetery.
382 Permit for exhumation of bodies.
368 Not to occur except in cemetery.

CARCASSES

(See Bourne's Asheville Code)

Sec. 466 Burial of.
467 Disposition of.
468 Notice of.
469 Removal of.

CLOSETS

Sec. 1 Amendment.
464a Disinfection of.
464b Removal of contents.
464c Transportation of through streets.
464d Fee for cleaning.
2 Penalty.
3 In effect.

(See Bourne's Asheville Code)

Sec. 461 Erection of surface closets.
462 Cleanliness of.
463 How kept.
464 Access to by officers.
497 Closets in railway trains.

505 Each building to have one.
609 Tanks for, how arranged.
610 Outdoor closets, how constructed.

CLOTHES

(See Bourne's Asheville Code)

Sec. 499 Second-hand clothes; license.
713 Selling second-hand clothing.

CUSPIDORS

(See Bourne's Asheville Code)

Sec. 756 In public places.

DEFACING PROPERTY

(See Bourne's Asheville Code)

Sec 718 Injury to tent, gate, bars, signpost, posting bills without permission, etc.
816 Injury to bridges and obstruction drains.

DIRT

(See Bourne's Asheville Code)

Sec. 810 Depositing dirt on streets forbidden.
811 Removal of, from streets.
833 How hauled over streets.

DISEASES

(See Bourne's Asheville Code)

Sec. 470 Communicable.
471 Report of same.
472 Physician to report.
473 Prevent spread of.
474 Funeral, in case of.
475 Disinfection of rooms.
476 Contagious.
677 Policeman to report case of.

DRAINS

(See Bourne's Asheville Code)

Sec. 498 Gutters and streets, not used as.

EXPECTORATION

(See Bourne's Asheville Code)

Sec. 757 Enforcement of foregoing provision.
758 Anti-expectoration.
Sec. 486 Erection of dangerous places.

FOOD

Sec. 1 To be covered.

FUMIGATION

(See Bourne's Asheville Code)

Sec. 506 Disinfection card.
507 Same, misuse of.
508 Disinfection, by whom done.

GARBAGE

Sec. 1 Receptacles for collection of.
2 Kept in convenient place.
3 Hauling of garbage and night soil.
4 Placing of tin cans, dishes, or broken dishes in garbage can forbidden.
5 Dumping of dead animals, decaying vegetables or animal matter forbidden.
6 Hauling swill, night soil, etc., through streets without a permit forbidden.
7 Collection of.
8 Penalty.

(See Bourne's Asheville Code)

Sec. 502 Garbage boxes for stores.
509 Sanitary boxes, injury to.
311 Owners to keep buildings free from rubbish, trash, etc.
312 Failure to comply with preceding section.
776 Waste paper and other matter from billboards to be cared for.
835 Throwing of fruit, etc., on street forbidden.

HEALTH OFFICER AND CITY PHYSICIAN

(See Bourne's Asheville Code)

Sec. 455 Health Officer and City Physician.
456 May be distinct officers.
457 Salary of City Physician.
458 Duties.
459 Two offices combined.

ICE CREAM

Sec. 1 Peddling on streets forbidden.
2 Penalty.

HOSPITALS

(See Bourne's Asheville Code)

Sec. 510 Approval of location of, etc.

JUNK DEALERS

(See Bourne's Asheville Code)

Sec. 740 Register to be kept by.

LIVE STOCK

(See Bourne's Asheville Code)

Sec. 496 No cattle except milch cows to be kept in city.
755 Allowing cattle and other animals to run at large.
709 Horses, how fed on streets, not to be hitched to shade trees, etc.
630 Sergeants to keep Stock or Pound Record for stock and dogs.

MARKETS

Sec. 2 Location of.
3 Regulating stalls in market house.
4 Inspections.
5 Penalty.

(See Bourne's Asheville Code)

Sec. 278 Committee.

MEAT

(See Bourne's Asheville Code)

Sec. 494 No unwholesome meat and vegetables for sale.
838 Fresh meats, how hauled through streets.

MILK

(See Bourne's Asheville Code)

Sec. 511 Sale of.
512 Same, diseased cows.
513 Same, diseased persons.
514 Notice of disease.
515 Same; tickets, utensils, etc.
516 Same; delivery during quarantine.
517 Sale of under-standard forbidden.
518 Milk Inspector, appointment.
519 Sale of, under unsanitary conditions.
520 Inspections by Milk Inspector and report.
521 License for sale of milk; fee.
522 Change of employees.
523 Milk producer; registration of.
524 Meaning of word "milk."
525 General penalty clause.

NUISANCES

(See Bourne's Asheville Code)

Sec. 460 On premises.

POLICEMEN

Sec. 633 To render aid in case of sickness or accident on street.
676 Chief of, to make investigation of accidents, etc.
624 Subordinates, their duties.

PRISONERS

(See Bourne's Asheville Code)

Sec. 668 Care of.

QUARANTINE

Sec. 1 Exposure to infection.
2 Precaution to be taken by nurse.
3 Restrictions upon persons on infected premises.
4 Same.
5 Who may attend funerals.
6 Funerals not to be held in church.
7 Care and disposal of bodies.
8 Transportation of dead body.
9 Posting warning signs.
10 Interference with warning signs.
11 Duties of Health Officer.
12 Interference with Health Officer.
13 Management of suspected cases.
14 Duration of quarantine.
14a Diphtheria.
14b Scarlet fever.
14c Smallpox.
14d Epidemic cerebro-spinal meningitis.
14e Acute anterior poliomyelitis or infantile paralysis.

15 Isolation or quarantine.
16 Room quarantine.
17 House quarantine.
18 Same.
19 Diphtheria.
.20 Diphtheria carriers.
21 Withdrawal of children from school.
22 Scarlet fever.
23 When children may return to school.
24 Measles.
25 Smallpox.
26 Smallpox suspects.
27 Cerebro-spinal meningitis.
28 Acute anterior poliomyelitis.
29 Typhoid fever.
30 Typhoid carriers.
31 Mumps.
32 Whooping cough.
33 Record made of cases.
34 Selling food, beverages and milk forbidden.
35 Inspection of premises.
36 Same.
37 Examination of patients by Health Officer.
38 Disinfection and fumigation.
39 Dairymen.
39a Appeal from.
40 Penalty.

SANITATION

(See Bourne's Asheville Code)

Sec. 739 Vacant house to be kept in sanitary condition.
284 Committee.

SANITARY TAX.

Sec. 1 Assessment.
2 Collection of.

SIDEWALKS

(See Bourne's Asheville Code)

Sec. 820 Owners to keep sidewalks in front of property clean.
821 Hours for cleaning sidewalks.
805 Merchandise exposed on sidewalk for sale forbidden.

SLAUGHTER HOUSE

Sec. 2 Standards required.
3 License for conducting.
4 Inspection of.
5 Reports, tags, etc.; appointment of inspectors.
6 Time of inspection of farmers' meat.
7 Penalty.

(See Bourne's Asheville Code)

Sec. 493 No slaughter house in city.
495 How hides are kept.

SMALLPOX

(See Bourne's Asheville Code)

Sec. 479 Appearance of.
749 Persons infected or exposed to, shall enter city under two weeks.
750 Penalty.

SMOKE

Sec. 1 Emission of smoke from factories, furnaces, locomotives, etc.
2 Manner of keeping fires.
3 Quantity of coal used.
4 Manner of cleaning fires.
5 Building or constructing fires.
6 Smoke Inspector.
7 Duties of.
8 Reports of.
9 Prevention of smoke nuisance.
10 Same.
11 Penalty.

STABLES

Sec. 1 Location of.
2 Penalty.

(See Bourne's Asheville Code)

Sec. 487 Filthy stables forbidden.
488 Exposure of horse manure.
489 Horse stables, how kept.
490 Horse stables, continued.
491 Same.
492 Regulations posted in stables.

SWILL

(See Bourne's Asheville Code)

Sec. 465 Not to be thrown on street.
501 How carried through streets.

TUBERCULOSIS

Sec. 2 License required for conducting T. B. Sanitarium.
3 Persons taking T. B. patients forbidden to advertise that they do not take T. B.'s.
4 List of T. B. houses to be kept in Board of Health office.
5 Reporting T. B. cases.
6 Gaining admittance to boarding houses and hotels under false pretenses.
7 T. B. patients forbidden to work in school, barber shop or any place where foodstuffs are sold.
8 Expectorating.
9 Examination of sputum for release.
10 Penalty.

VACCINATION

Sec. 1 All teachers, instructors, and persons connected with schools shall be vaccinated.
2 Certificate of.
3 Duty of parent or guardian.
4 Duty of school committee, principal or teacher.
5 Penalty.

VACCINATION

(See Bourne's Asheville Code)

Sec. 478 Vaccination.
Sec. 480a Of school children.

WAGON YARDS

(See Bourne's Asheville Code)

Sec. 863 License for.
480 Compulsory.

WASTE MATERIAL

Sec. 1 Throwing of broken glassware and articles with sharp edges on streets forbidden.
Sec. 1 Waste material not to be deposited on vacant lots.
Sec. 2 Duty of Building Inspector.
Sec. 3 Penalty.

WATER

(See Bourne's Asheville Code)

Sec. 503 Obstructing natural flow of.
717 Pollution of.
737 Obstruction of natural flow of, forbidden.

WATER PIPES

(See Bourne's Asheville Code)

Sec. 666 Leaks in, to be reported.

WEEDS

(See Bourne's Asheville Code)

Sec. 500 Ragweed, destruction of.
504 Weeds on lots, height of.
738 Banks of streams to be kept free from.

CLOSETS

The Joint Board of the city of Asheville do ordain:

Section 1. That Bourne's Asheville Code be amended by adding the following sections thereto:

Sec. 464a. That all privies or surface closets in said city of Asheville shall be thoroughly cleaned and disinfected at least once in every fifteen days.

Sec. 464b. That no person shall, in said city, deposit any human fecal matter in any place except in some properly constructed privy or water closet, nor shall any person, having removed the contents, or any part thereof, of any privy or surface closet in said city, deposit, place or bury it anywhere other than in a dumping station erected and maintained for that purpose.

Sec. 464c. That no part of the contents of any privy or surface closet

shall, in said city, be transported through or over any streets or highways, except as the same shall be removed and transported by the means of some tight-covered receptacle or apparatus, pneumatic or other process, so as to prevent the contents from being agitated or exposed to the open air during the process of such removal or transportation.

Sec. 464d. That all persons owning property on which is located privies or surface closets, in said city, upon their failure to clean or have cleaned any such privies or closets as herein required shall pay the city of Asheville in advance the sum of three dollars a year, payable quarterly, for cleaning the same.

Sec. 2. That any person or persons violating any of the provisions of Section 1 of this ordinance shall, upon conviction, be subject to a penalty of twenty-five dollars.

Sec. 3. That this ordinance shall be in force and effect from and after the first day of August, 1910.

Passed final reading and became law, June 10, 1910.

FOOD THAT MUST BE COVERED

The Joint Board of Health of the city of Asheville do ordain:

Sec. 1. No person, firm or corporation shall expose for sale on any public highway or in any unenclosed market, store, shop, stand or stall, or in any open lot, or transport over any public highway to any place for sale there or elsewhere, in the city of Asheville, any meat, fish, plucked poultry or game bird, dressed rabbit or squirrel, butter, butterine, oleomargarine, lard, lard compound or substitute, cheese, candy, cake, bread, figs or any food whatsoever of a kind not commonly washed, peeled, shelled or cooked before eaten, unless the same be then and there effectually and in a cleanly manner wrapped, or covered and enclosed, so as to protect it from dust and insects.

Sec. 2. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of twenty-five dollars.

Sec. 3. That this ordinance shall be in force and effect from and after the date of its final passage.

Passed third and final reading June 10, 1910, and became law.

COLLECTION AND REMOVAL OF GARBAGE

The Board of Aldermen of the city of Asheville do ordain:

Sec. 1. That the ordinance passed on its first reading September 18, 1914, relating to receptacles for garbage, etc., be and the same is hereby amended so as to read as follows:

Sec. 1. That it is hereby made the duty of the owner or occupant of any building in the city of Asheville used as a residence, store house, restaurant, boarding house, tenement house, lodging house, hotel or business house, to provide and keep for every such building as many suitable receptacles as may be necessary for the purposes herein mentioned, which receptacles shall be provided with close-fitting covers and handles and be not more than eighteen inches in diameter and thirty inches in depth, in which receptacles shall be deposited such trash, waste and garbage as shall accumulate or be upon said premises as the same accumulates; provided, combustible trash and waste matter shall be kept separate from garbage.

Sec. 2. That all of said receptacles shall be kept in some conveniently accessible place upon the premises which shall be designed by the Sanitary Inspector; provided, that the occupants of all buildings within the business district of said city shall place such receptacles as contain

waste, trash or garbage upon the sidewalk adjoining their premises each day (Sundays excepted) before 8 o'clock a. m.

Sec. 3. That it shall be unlawful for any person, firm or corporation to haul or carry any garbage or night soil on any street within the city of Asheville, except it be in metal-covered vessels or water-tight metal wagons with tight-fitting metal tops, approved by the Board of Health and kept in a clean and sanitary condition at all times.

Sec. 5. That it shall be unlawful for any person, firm or corporation to keep or maintain on his or its premises any growing vegetation of such kind or nature as to be a menace to the public health, or to fill any land with or dump upon any land within the city of Asheville, garbage, dead animals, decaying vegetable or animal matter or any offensive material, nor shall any of the aforesaid offensive material be buried within the city, but shall be disposed of as provided by law.

Sec. 6. That no person, firm or corporation shall engage in the business of carrying manure, swill, garbage, night soil or other offensive or noxious substances through the streets of the city of Asheville, without a permit from the Board of Health. No cart or other vehicle used for the purposes of hauling any of said substances shall be allowed to stand unnecessarily upon the street, nor shall any unreasonable length of time be consumed in passing through the streets, in loading or unloading. Such carts or other vehicles and all implements used in connection therewith, shall be kept in an inoffensive and sanitary condition. All carts, vehicles or other containers used in moving the above mentioned offensive or noxious substances shall be strong and tight, and sufficiently high to prevent the spilling or leaking of contents.

Sec. 7. All garbage, refuse, or other waste material shall be collected and removed from private residences promptly, thoroughly and in a cleanly manner at least once a week from November 1st to April 30th inclusive, and at least twice a week from May 1st to October 31st, and from hotels, restaurants, meat markets, rendering plants and fish-dressing establishments daily.

Sec. 8. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of $50.00 for each and every such offense.

Sec. 9. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

I move the adoption of the foregoing amendment.

ICE CREAM

The Board of Aldermen of the city of Asheville do ordain:

Sec. 1. That no person, firm or corporation shall peddle or vend ice cream on any street, alley, public square or public park, in the city of Asheville.

Sec. 2. That any person, firm or corporation violating any of the provisions of Section 1 of this Ordinance shall, upon conviction, be subject to a penalty of twenty-five dollars for each and every offense.

Passed final reading and became law June 3, 1910.

MARKETS

The Board of Aldermen of the city of Asheville do ordain:

Sec. 2. That no person or persons shall keep for sale or establish or maintain a shop or store wherein is kept for sale fresh meats, poultry, fresh fish, uncanned oysters, vege-

tables or other perishable food products within the following area or district, to-wit: Beginning at the intersection of Asheland and Patton Avenues and running thence in a direct line to the intersection of Church Street and Hilliard Lane; thence along Hilliard Lane to South Main Street; thence running directly east to Market Street; thence along Market Street to its intersection with Eagle Terrace; thence along Eagle Terrace to Eagle Street; thence along Eagle Street to its intersection with Davidson Street to its intersection with College Street; thence along College Street to Woodfin Street; thence along Woodfin and Hiawassee Streets to the intersection of Hiawassee and Flint Streets; thence in a direct line to the beginning except in the City Market House, and as hereinafter provided; provided, however, the provision of this Ordinance shall not apply to persons selling products of their own farms, and selling at one time not less than a quarter of a beef or a whole sheep, hog or calf.

Sec. 3. That the ordinance regulating stalls in said Market House wherein is kept fresh meats, fresh fish and vegetables, or dealers therein, shall apply to and be observed by all dealers of fresh meats, fresh fish and vegetables in the city of Asheville.

Sec. 4. That an Inspector designated by the Board of Aldermen shall make, at least three inspections on three separate days of each week of all places in the city of Asheville wherein is kept for sale fresh meats, fresh fish and vegetables and keep on file in the office of the Sanitary Department records thereof for the information of the Mayor and Board of Aldermen.

Sec. 5. That any person or persons violating any of the provisions of this ordinance shall upon conviction be subject to a penalty of fifty dollars.

Passed third reading and became law March 4, 1910.

QUARANTINE ORDINANCE

The Joint Health Board of the city of Asheville do ordain:

Exposure to Infection

Sec. 1. That no person shall knowingly expose himself, herself or any other person, or if he or she has power and authority to prevent, permit any other person to be exposed to infection by scarlet fever, diphtheria, measles, whooping cough, chickenpox, epidemic cerebro-spinal meningitis, smallpox or typhoid fever unless such exposure is necessary for the proper care and treatment of a patient suffering with such disease.

Precaution to be Taken by Nurses

Sec. 2. That no person who is nursing a patient suffering from smallpox, scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis, shall mingle with other persons who are not so engaged and who are not suffering from the disease from which the patient is suffering, until after said person has removed such outer garments as have been worn in the sick room and has properly disinfected the face and hair if the hair has not been covered while in the sick room; nor in case of the diseases named and of typhoid fever until such person has properly disinfected the hands.

Restrictions Upon Persons on Infected Premises

Sec. 3. That no person residing in any dwelling house or in any apartments where there is in said dwelling hourse or apartment a person suffering from smallpox, diphtheria, scarlet fever, measles, or epidemic cerebro-spinal meningitis, shall, while so residing and during the continuance of such disease, attend public or private school or Sunday school, or if

the patient is suffering from diphtheria, scarlet fever or typhoid fever, engage in the manufacture, preparation, storage, or sale of food or beverage.

Sec. 4. That no person who has resided in any dwelling house or in any apartments while there was therein a person suffering from scarlet fever, diphtheria, measles, or epidemic cerebro-spinal meningitis shall, after the removal, death or recovery of such person, or after the removal of such person from such dwelling house or apartments, attend public or private school, or Sunday school, or, if the person was suffering from scarlet fever, typhoid fever, or diphtheria, engage in the manufacture, preparation, sale, or storage of food or beverage, without the written permission of the Health Officer of the city of Asheville, for a period following the first proper isolation of the patient, when no disinfection is to be made, and when disinfection is necessary immediately following the completion of such disinfection, as may be directed by the Health Officer.

Who May Attend Funerals

Sec. 5. When death has been due to diphtheria, scarlet fever, smallpox, or epidemic cerebro-spinal meningitis, no person other than the adult members of the immediate family of the deceased, and such other adult persons as may be necessary, shall attend the funeral services or any other gathering about the remains of the deceased unless specially authorized in writing by the Health Officer so to do. No person having power or authority to prevent, shall permit such attendance at said funeral service or gathering when such attendance is unlawful.

Funerals Not to be Held in Church

Sec. 6. That no person or persons shall carry the remains of any person who has died from diphtheria, scarlet fever, smallpox, measles, or epidemic cerebro-spinal meningitis, into any church, or other place of public assembly, nor, if he has the power and authority, permit it to be done.

Care and Disposal of Body

Sec. 7. Every person having power and authority so to do shall cause the dead body of any person who has died from diphtheria, scarlet fever, smallpox, measles or epidemic cerebro-spinal meningitis, as soon after death as possible, to be placed in a proper casket, and shall cause such casket to be closed and to be kept closed thereafter; and every person aforesaid shall cause any such body to be disposed of by burial or cremation within the city of Asheville or by transportation beyond the limits of the city of Asheville for burial or cremation, not later than the second day following the day of death.

Transportation of Dead Body.

Sec. 8. That no person or corporation shall convey or transport a body dead from diphtheria, scarlet fever, smallpox, measles, epidemic cerebro-spinal meningitis or typhoid fever, beyond the limits of the city of Asheville by means of any common carrier unless said body has been embalmed arterially and by cavities, and is wrapped in a sheet saturated with a solution of formaldehyde gas of approximately 40 per cent strength, or with a 5 per cent aqueous solution of carbolic acid, or a 3 per cent aqueous mixture of compound cresol solution, or an aqueous solution of bichloride of mercury 1 part to 500; and the casket or case in which the body is placed must be metal lined and made airtight by means of solder or by means of proper rubber gaskets; the preparation of the body in accordance with these regulations to be evidenced by an affidavit of the undertaker who prepares the body for transportation, duly filed with the Health Officer.

Bodies when so prepared may be conveyed outside the city of Asheville.

Posting of Warning Signs

Sec. 9. Whenever it comes to the knowledge of the Health Officer of the city of Asheville, either by a certificate sent to him as provided by law or otherwise that any person in said city is suffering from scarlet fever, smallpox, diphtheria, measles, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis or typhoid fever, said Health Officer shall cause one or more suitable warning signs to be placed in a conspicuous position or positions, upon, at, or near the principal entrance or entrances to the building in which such person is, so that the same can be distinctly seen by persons about to enter such building excepting in case of typhoid fever when the placard may be posted on the back door; provided, however, that if such building be a hospital, asylum, hotel, apartment house, or school, and in any case where two or more bed rooms and a bath room, including a water closet, are reserved for the exclusive use of the patient and of those in attendance upon such patient, said warning signs may, in the discretion of the said Health Officer, be placed in a conspicuous position or positions within said building, at such place or places as said Health Officer may designate; and, provided further, that in addition to or in lieu of the warning signs provided for above, said Health Officer may station a watchman or watchmen at or in such building for the purpose of enforcing compliance with the provisions of law and these regulations.

Interference With Warning Signs

Sec. 10. That no person shall, without the written consent of the Health Officer, handle, deface, obliterate, remove, or cancel any warning sign displayed in accordance with these regulations.

Duties of Health Officer

Sec. 11. The Health Officer shall make such investigations into the nature and origin of cases of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, and typhoid fever, occurring in the city of Asheville, as in his judgment may be necessary to prevent the spread of any of said diseases, and shall co-operate with persons having charge of patients suffering from such diseases as he deems needful for the prevention of the spread thereof. And in the discharge of each and every one of the duties herein imposed, the Health Officer may act not only in person but also through employees in the service of the Health Department of the city of Asheville duly designated by him for that purpose.

Interference With Health Officer

Sec. 12. That no person shall interfere with the Health Officer, or with any officer, employee, or agent of the Health Department in the enforcement of these regulations.

Management of Suspected Cases

Sec. 13. That any person who is suffering from symptoms that so resemble those of diphtheria, scarlet fever, measles, whooping cough, chickenpox, smallpox, acute anterior poliomyelitis, epidemic cerebro-spinal meningitis, or typhoid fever that they cannot be distinguished therefrom with reasonable certainty shall be regarded for the purpose of these regulations as suffering from the disease the symptoms of which appear to represent; provided, however, that no warning signs shall be displayed except in cases definitely diagnosed as one of the above acute infectious diseases.

Duration of Quarantine

Sec. 14. The duration of quarantine for measles shall be 14 days from

the appearance of the rash or longer, in the discretion of the Health Officer, if a discharge from the nose or ears, or the catarrhal condition of the throat continues.

Diphtheria

A. A person suffering from diphtheria shall not be released from quarantine until two successive swabs from the throat, forty-eight hours intervening, shall be found free from the diphtheria bacilli. Such swabs to have been incubated for twenty-four hours, the incubation and the bacteriological examination to have been done in the laboratory of the Health Department. Swabs presented for examination for release must be taken by a physician or by some one especially authorized by the Health Officer.

Scarlet Fever

B. The duration of quarantine for scarlet fever shall be six weeks from the appearance of the rash and longer, in the discretion of the Health Officer if there continues to be a discharge from the nose or ears, or until desquamation is complete.

Smallpox

C. The duration of quarantine for smallpox shall be until desquamation is completed, to the satisfaction of the Health Officer.

Epidemic Cerebro-Spinal Meningitis

D. The duration of quarantine for epidemic cerebro-spinal meningitis shall be six weeks from the appearance of the disease.

Acute Anterior Poliomyelitis or Infantile Paralysis

E. The duration of quarantine for acute anterior poliomyelitis shall be six weeks from the beginning of the disease.

Isolation or Quarantine

Sec. 15. Isolation or quarantine is defined to be the complete separation of the persons sick with a communicable disease as prescribed herein and by law, and those attendant upon such person, from all other persons whomsoever.

Room Quarantine

Sec. 16. Room quarantine shall consist of complete isolation of the sick person and nurse or attendant in one room of a house or in a suite of rooms in a house, and when room quarantine is established no person shall be allowed to go in or out of the room or suite quarantined except the physician in attendance or the Health Officer except on written permission of the Health Officer. When such room has more than one door, one only shall be used and all other doors shall be closed and sealed, except such as may lead into a closet. The door to be used shall have a sheet curtain on the outside, which curtain shall at all times be kept moist with a disinfectant solution. All dishes or vessels of any kind used in the sick room shall be submerged in a disinfectant solution for not less than thirty minutes before removal from the room. All clothing and bed clothing shall be treated in like manner before removal. Also all slops and discharges shall be treated with a disinfectant solution before removal from room. No piece of furniture or other article whatsoever, except as above specified, shall be removed from the room until quarantine is raised. No person who may be in the room at the time the case is quarantined or who may thereafter enter the room shall be allowed to leave such room before quarantine is raised except upon the express permission of the Health Officer. No occupant of the house in which a case is quarantined shall enter or visit other houses or attend public meeting or assemblies, and no cat, dog or other pet animal shall be allowed to enter a quarantined room.

House Quarantine

Sec. 17. House quarantine shall consist of complete isolation of the entire house and every person therein, and no one shall be allowed to go into or come out of a house so quarantined, except the attending physician or Health Officer, except as hereinafter provided.

Sec. 18. The following diseases shall be isolated according to room quarantine as herein provided; measles, diphtheria, scarlet fever, epidemic cerebro-spinal meningitis, acute anterior poliomyelitis.

Diphtheria

Sec. 19. All school children living or resident in the house at the time the case is discovered, may, after two cultures from the throat shows negative, 48 hours intervening, after incubation for twelve hours, and examination by the City Bacteriologist, and after proper disinfection of the entire surface of the body and clothing, be allowed to remove to some other house, and conduct themselves in regard to attendance upon school, assemblies and other ways as if they had not been exposed to diphtheria, provided, that children under fifteen years so exposed shall have been immunized against diphtheria by a proper dose of diphtheria anti-toxin, provided that in case no immunizing dose of anti-toxin is given, the child shall not return to school until two weeks after the last exposure and the throat shows two negative cultures, forty-eight hours intervening. The child who has been sick with diphtheria may return to school immediately after the quarantine is raised.

Diphtheria Carriers

Sec. 20. If any person is found by proper laboratory examination to harbor in his or her throat or nose or ears the diphtheria bacillus and who has had no sore throat and has not been clinically ill with diphtheria, he or she shall be considered a carrier of diphtheria and the house shall be placarded with the warning sign of diphtheria, except that the warning sign shall have just below the word DIPHTHERIA the word CARRIER in small letters, and the said diphtheria carcarrier shall be required to stay on and not leave the premises, and not go within twenty-five feet of any other person, save members of his or her own family. And the other members of such family and other persons resident upon the premises at the time shall govern themselves and be subject to the rules laid down in cases of diphtheria.

Withdrawal of Children From School

Sec. 21. In case a physician suspects a sore throat to be diphtheria it shall be his duty to advise the parents of the child of his suspicion and he shall notify the parents to isolate the child and such child shall be isolated as provided in cases of diphtheria and all other children resident on the premises shall remain thereupon as required in cases of diphtheria, pending a bacteriological diagnosis of the disease by the City Bacteriologist and it shall be the duty of the attending physician in such cases to submit a swab of the suspected throat for such purposes and if, upon examination, such swab shows positive for diphtheria bacilli the case shall be considered diphtheria, if such examination shows negative for diphtheria bacilli and the case is clinically diphtheria, it shall be regarded as diphtheria.

Scarlet Fever

Sec. 22. That a person with a rash reasonably suspected to be scarlet fever shall be isolated from the other members of the family, and other children of the household or resident in the house shall be required to remain on the premises and all other rules and regulations in regard to room quarantine shall be in full force

and effect, until such time as the attending physician shall become satisfied that the case is not scarlet fever. Should the case prove to be scarlet fever the attending physician shall immediately notify the Health Officer as required by law and room quarantine shall be established.

When Children May Return to School

Sec. 23. The child who has been ill with scarlet fever and the other children of the household or resident therein, will be allowed to return to school as soon as the quarantine is raised, provided the attending physician will furnish a written statement to the Health Officer that to the best of his knowledge and belief a strict room quarantine according to the rules of this ordinance, has been kept during the entire period the quarantine has been in force. Otherwise the quarantine shall remain in full force and effect for two weeks longer.

Measles

Sec. 24. When a person is ill with measles in a house, room quarantine shall be established and all persons resident upon the premises who are not immune, i. e., who have not had the disease, shall observe the rules of room quarantine; but those who are immune shall not be subject to quarantine for measles in any way. While the quarantine for measles shall be raised fourteen days after the eruption appears, those in the household not immune to measles shall continue to remain on the premises for yet seven other days and shall not be allowed to return to school until the expiration thereof.

Smallpox

Sec. 25. In case smallpox is discovered in a house, house quarantine shall be established, and the house shall be guarded night and day by a guard or guards appointed by the Health Officer, the expense of same to be borne by the resident of the house at the time; provided, that in case the householder or patient prefers he or she may be transferred to the contagious disease hospital and cared for at the expense of the city and county, and provided the householder or patient is unable or unwilling or neglects or refuses to pay the expense incident thereto, then it shall be the duty of the Health Officer to have such person or persons so infected transferred to the contagious disease hospital; provided, further, that any resident in a house where a case of smallpox is, who has a good vaccination scar upon being re-vaccinated and upon proper disinfection of the person and clothing will be allowed to leave the house and remain away as if he or she had never been exposed to smallpox; provided, that it shall be the duty of the Health Officer in case smallpox occurs in a house to vaccinate all persons resident in said house, and all persons who may have been exposed to the disease, and after the vaccination takes on such persons as could not show a good scar, then such persons, after a satisfactory disinfection of their person and clothing, may be released from quarantine by order of the Health Officer, and may be allowed to leave the house, not to return again until the quarantine is raised. It shall be the duty of the Health Officer to re-vaccinate any such person who could not show a good scar and upon whom the vaccination does not take at the expiration of seven days, and if, upon re-vaccination the same does not take then such person shall remain upon the premises fourteen days after quarantine is raised. When the patient is removed to the hospital for contagious diseases, the house or room shall be fumigated by the official fumigator under the direction of the Health Officer and the quarantine shall be raised as if the patient had recovered.

Smallpox Suspects

Sec. 26. Any person who is found in the house where a case of smallpox is discovered or any person whom the Health Officer has reason to believe has been exposed to a case of smallpox, and who cannot show a good scar, shall be considered a suspect, and shall be quarantined according to the rules for house quarantine or removed to the hospital for contagious diseases, but shall not be allowed to further expose himself to those affected with smallpox, and the Health Officer is hereby required to vaccinate such suspects unless they have been vaccinated by some other physician, and at the end of seven days to re-vaccinate such person, if the former vaccination has not taken, and the suspect shall be kept in quarantine or in the hospital for contagious diseases for a period of fourteen days from the date of last exposure to smallpox, and after the expiration of said fourten days if the said suspect has not developed smallpox, he or she shall be released.

Epidemic Cerebro-Spinal Meningitis

Sec. 27. Quarantine for epidemic cerebro-spinal meningitis shall be the same period and in the same manner as provided for scarlet fever.

Acute Anterior Poliomyelitis

Sec. 28. Quarantine for acute anterior poliomyelitis or infantile paralysis shall be for the same period and in the same manner as provided for scarlet fever.

Typhoid Fever

Sec. 29. In case of typhoid fever the placard or warning may be placed on the back door or the front door or the back and front doors or near thereto, and no other quarantine shall be established. But the other members of the household are warned not to touch the person or excretions of the patient and if necessary so to do they are hereby required to immediately wash the hands thoroughly in a disinfectant solution. The nurse or attendant is also hereby required to thoroughly disinfect the excretions from the body of the patient ill with typhoid fever before pouring them into the water closet, or making other disposition thereof and in case there is no water closet they must be buried where they are not likely to be disturbed. The rules in regard to the disinfection of dishes, linen, clothing, etc., in room quarantine herein provided for shall be observed in cases of typhoid fever.

Typhoid Carriers

Sec. 30. That no typhoid carrier shall be allowed to handle any food products that are to be eaten raw or beverages or to work in any dairy or milk depot handling milk or butter to be sold in the city of Asheville, and no person who has ever had typhoid, shall work in any milk depot that distributes milk or milk products in the city of Asheville, until he shall have satisfied the Health Officer that he is not a typhoid carrier.

Mumps

Sec. 31. That no person who has mumps shall attend school, or leave the house or premises, for two weeks from the first symptoms of the disease.

Whooping Cough

Sec. 32. That no child who has whooping cough shall attend school, or be allowed to come in contact with other children who have not had the disease, until six weeks from the onset of the disease, or if the spasmodic stage shall last longer, until such child shall have recovered from the spasmodic stage of the disease. And it shall be the duty of the Health Officer when it shall come to his knowledge of the existence of whooping cough in a house to placard or place a warning sign in a conspicuous place near the entrance to such house, which shall remain for six weeks from the onset

of the disease and as much longer as such child shall remain ill with the disease. And during said period it shall be the duty of the parents or guardian or other person in authority, not to allow such child to go off of the premises or come within twenty-five feet of any other person who is not immune to the disease.

Sec. 33. Immediately upon receipt of information of the existence of any of the foregoing diseases, the Health Officer shall personally or through some officers of the Health Department visit the house where such disease is reported, and ascertain possible source of infection, milk supply, water supply, general sanitary condition of house and premises and the number and names of children of school age and school attended by such children and file a record of such with the Clerk of the Health Department, and upon receipt of this information the Clerk of the Health Department shall transmit the same to the superintendent of all schools attended by such children who shall cause such information to be brought to the attention of the teacher of such children. The Clerk shall also keep a card index of all dairies furnishing milk to residents of the city of Asheville and shall note each disease mentioned in this ordinance and immediately notify such dairyman who may be furnishing milk upon the premises, giving the name of the householder and street number. Upon the raising of quarantine said Clerk shall notify such dairyman thereof and the superintendent of schools aforesaid.

Sec. 34. That no person resident in a house where any of the diseases herein mentioned exists shall sell any food, beverage or milk or work where the same is manufactured or handled, except upon written permission of the Health Officer.

Sec. 35. It shall be the duty of the Health Officer or other officer of the Health Department at the time he makes his first inspection of the premises where any disease mentioned in this ordinance exists, and when he tacks up the placard or warning sign, to hand the householder a printed copy of the laws, rules and regulations governing such disease and those connected therewith, and such other instructions or information as may be prepared or secured from time to time by the Board of Health.

Sec. 36. It shall be the duty of the Health Officer or such other officer of the Health Department as may be instructed so to do by the Health Officer, to make such additional visits to houses under quarantine as may seem desirable, to ascertain whether the quarantine regulations are being observed.

Sec. 37. When the Health Officer has reason to suspect that any disease mentioned in this ordinance, or any disease dangerous to the public health, may exist in any house or place within the city of Asheville, it shall be his duty to make such examination thereof as he may deem necessary to determine whether or not such disease exists, and no person shall interfere with any officer making such examination.

Disinfection and Fumigation

Sec. 38. When a person shall have recovered from smallpox, diphtheria, scarlet fever, or epidemic cerebrospinal meningitis, or after a person suffering with any of these diseases shall have been removed from a room, the room or rooms occupied by such person shall be fumigated with formaldehyde gas by the official fumigator of the Health Department according to the directions of the Board of Health or Health Officer and a charge therefor of $1.25 per room if only one room, or $1.00 per room if more than one room, shall be made against the householder and collected by the offi-

cial fumigator at the time of fumigation, and turned over to the Sanitary Inspector. When a person suffering with typhoid fever, measles, whooping cough, or acute anterior poliomyelitis has recovered or removed from a room or house, the woodwork in such house or room, shall be thoroughly scrubbed or washed with a 3 per cent solution of compound cresol or other antiseptic solution satisfactory to the Board of Health or Health Officer.

Dairymen

Sec. 39. That it shall be the duty of every dairyman or other person furnishing milk or milk products to the residents of the city of Asheville, or any milk depot, or creamery, after conferring with every employee, to make a report to the Health Office once weekly, giving the name and address of every employee connected in any way with the handling of milk or milk products for use, sale or distribution in the city of Asheville, and stating whether or not any employee or any member of any employee's family is sick or has been sick since last report, with any of the diseases mentioned in this ordinance; and such employee having any member of his family sick with either of such diseases shall not work therein until he satisfies the Board of Health or Health Officer that he is conducting and will conduct himself so that he will not become a menace to the health of the people of Asheville and until he receives a certificate in writing from the Health Officer allowing him to return to work.

Sec. 39a. In all cases in which the Health Officer shall exercise his discretion as provided in this ordinance, any person interested in such decision may appeal therefrom to the Board of Health, which Board shall hear and determine said appeal within 24 hours from the receipt of notice thereof to the Mayor.

Sec. 40. That any person violating any of the provisions of the foregoing ordinance shall, upon conviction, be subject to a penalty of fifty dollars for each and every such offense.

Sec. 41. That all ordinances and clauses of ordinances in conflict with any of the provisions of this ordinance be, and the same are hereby, repealed.

Sec. 42. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

I move the adoption of the forgoing ordinance.

W. L. DUNN.

Approved as to form, November 14, 1913.

S. G. BERNARD,
Corporation Counsel.

These ordinances have been passed first for the protection of the people of Asheville and second so that the necessary quarantine should subject the persons quarantined to as little expense and inconvenience as possible. If all citizens will co-operate with the Health Department the above results will be obtained.

Passed final reading and became law December 19, 1913.

SANITARY TAX

Sec. 1. That all improved property in the city of Asheville shall be charged annually with the following assessments which are hereby levied for the purpose of defraying the cost of collecting, removing and disposing of all garbage, night soil, and all other waste and decaying matter found upon such property, to-wit: Upon all property upon which there is a building used exclusively or principally as a residence there shall be levied and collected as other taxes the following amounts based upon the valuation of said improved property for the purposes of ad valorem taxes, viz.:

Assessed Valuation	Annual Assmt.
$ 500.00 or less	$ .75
500.00 to $1,000.00	1.00
1,000.00 to 1,500.00	1.25
1,500.00 to 2,000.00	1.50
2,000.00 to 2,500.00	1.75
2,500.00 to 3,000.00	2.00
3,000.00 to 5,000.00	2.50
5,000.00 and over	3.00

Upon all boarding houses with less than 10 rooms the foregoing rates shall be charged, but upon all boarding houses with 10 or more rooms, the following assessments are hereby levied, viz.:

10 to 20 rooms	$ 4.00 annually
20 to 30 rooms	6.00 annually
30 to 40 rooms	8.00 annually

Upon all hotels classified by the Board of Aldermen the following assessments are hereby levied, viz.:

Class A	$24.00 annually
Class B	20.00 annually
Class C	16.00 annually
Class D	12.00 annually
Class E	10.00 annually
Class F	8.00 annually

Upon all Business Houses within the fire limits of the city of Asheville there is hereby levied the sum of $3.00 annually per 25 feet front of said building, and at the same pro rata rate for each front foot thereof, and $2.00 per 25 feet front upon all such buildings outside said fire limits, and at the same pro rata rate for each front foot thereof.

Sec. 2. That the City Auditor, or other person, in making up the tax books of the city of Asheville annually, shall include in the total amounts levied against all property subject to the provisions of this ordinance the amounts hereinbefore stipulated, and the same shall be collected by the Tax Collector of said city in the same manner as other taxes.

Sec. 3. That all ordinances and clauses of ordinances in conflict with any of the provisions of this ordinance be and the same are hereby repealed.

Sec. 4. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

Passed final reading and became law June 5, 1914.

SLAUGHTER HOUSE

The Joint Health Board of the city of Asheville do ordain:

Sec. 1. That the ordinance adopted July 25, 1909, as amended December 31, 1909, known as the abattoir ordinance be, and the same hereby is repealed, such repeal of said ordinance to date from the final passage of this ordinance.

Sec. 2. That the rules and regulations of the United States governing meat inspection as amended, effective May 1st, 1908, issued under the authority of an act of Congress approved June 30, 1906, in regard to sanitation, ante-mortem and post-mortem inspection, condemnation and disposal of animals and meats unfit for human food, stamping and tagging of carcass or part of carcass inspected and found fit for food, shall be the standard applied to all acts of butchers, inspectors, and other persons, firms and corporations engaged in or who sell fresh meat in the city of Asheville or within its jurisdiction.

Sec. 3. On and after August, 1 1910, no person, firm or corporation shall operate any slaughter house or pen for dressing meat for use in the city of Asheville, unless the same shall be licensed by the Board of Health of said city. Application for license must be made in writing to the Board of Health showing name of applicant, occupation, residence, location of proposed building and his experience in operating such establishments. Plans and specifications for proposed buildings and plant shall accompany said application. If, upon investigation, it is found that said plant is or will be

constructed according to the requirements of this ordinance, the application shall be granted. Otherwise, refused. No animal shall be slaughtered in any such building until the Health Officer certifies that all requirements have been fulfilled, and the plant is in working order.

Sec. 4. No person, firm or corporation shall keep or have on hand, or sell or offer for sale or deliver after sale any fresh meat in the city of Asheville unless the same has been slaughtered and inspected as provided in this ordinance, nor keep, expose or offer for sale for food, nor keep the same for purposes of food, within the city of Asheville any emaciated, tainted, putrid, decayed, decaying, unwholesome or diseased meat. In case of keeping, exposing or offering such for sale the Health Officer or any inspector shall have the power and authority to seize, condemn and confiscate the same.

Sec. 4a. That no person, firm or corporation shall keep or have on hand, or sell or offer for sale, or deliver after sale, any fresh meat in the city of Asheville unless the same bears either the O. K. stamp of the United States Government or of Asheville (North Carolina) Board of Health.

Sec. 5. The Board of Health shall prescribe and furnish forms for reports, tags, etc., necessary for use by inspectors, rules governing reports and shall receive and check all reports of the inspectors. Said Board shall receive all complaints and adjust all differences arising between the inspectors and those having property inspected not otherwise herein provided for. All inspectors shall be appointed by the Joint Health Board after they have passed a written examination on questions prepared by the Health Officer of the city, and such other tests as to their knowledge of patheological evidences of disease, sanitation, hygiene and bacteriology, as may be required to show their fitness for the place and the discharge of the duties involved.

Sec. 7. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of five dollars. That this ordinance shall be in force and effect from and after August 1, 1910.

Sec. 6. That the requirements of this ordinance shall not be applicable to farmers who are not engaged in the fresh meat business, but they may bring their meats into the city for sale, and shall carry same to City Market during hours to be designated by the Health Officer and Board of Aldermen, namely: 9 a. m. to 1 p. m. and there have the same inspected in accordance with the requirements of this ordinance and, for the purpose of such inspection such meats shall have accompanying them held by their natural attachments all the following organs of the animal, to-wit: the head, liver, heart. spleen and lungs.

Sec. 2. That this ordinance shall be in force and effect from and after the date of this final passage.

Amendment passed final reading and became law, December 10, 1910.

SMOKE

The Board of Aldermen of the city of Asheville do ordain:

Sec. 1. That it shall be unlawful for any owner, agent, lessee, or fireman to permit the emission of dense smoke from any smokestack or chimney connected with any locomotive or other steam boiler, derrick or similar contrivance, or machine, or from any smokestack or chimney of any apartment house, office building, institution, establishment. place, premises or any buildings used as a factory or otherwise for the purpose of trade or business, or other machine, furnace

or contrivance within the corporate limits of the city of Asheville, which smoke contains soot or other substance in sufficient quantities to deposit such soot or other substance upon the surface in the city of Asheville, excepting, however, from the provisions of this ordinance private residences.

Sec. 2. It shall be unlawful for any fireman, helper, hostler, hostler helpers, fire-knockers, or other person whose duty it is to clean, take care of or fire any locomotive or stationary boiler, steam heating, hot water or other heating plant or furnace within the corporate limits of the city of Asheville to permit the grates or containers of coal and fire and other fuel to become in any way clogged or congested, or in any way permit any flue, or chimney or smokestack of any such boiler, steam heating, hot water or other heating plant, or furnace to become congested, clogged or in any way stopped so as to not permit the free passage of air so as to keep, at all times, a bright and coke fire.

Sec. 3. It shall be unlawful for any person mentioned in Section two hereof to put on coal or other fuel in larger quantities than three or four shovelfuls of fresh coal or other fuel at any time, and allow the furnace door to remain open for a few seconds, allowing the fire to burn sufficiently to give off the black smoke before another supply of fuel is put in.

Sec. 4. It shall be unlawful for any person mentioned in Section two hereof to clean fire in any locomotive or other boiler, grate or other furnace before burning a cook coke bank.

Sec. 5. It shall be unlawful for any person mentioned in Section two hereof to build or construct any fire in any locomotive or other boiler, steam, hot water or other heating plant or furnace so as to emit dense black smoke from such smokestack, chimney or flue for a longer period than thirty (30) seconds.

Sec. 6. There shall be, and hereby is created, the office of Smoke Inspector, which duties are hereby assigned to him and made a part of the duties of the Smoke Inspector.

Sec. 7. It shall be the duty of the Smoke Inspector to personally inspect all chimneys, smokestacks and all contrivances for the escape of smoke, and shall have the authority in compliance with his duties, to enter the premises of any steam boiler, furnace or engine room not occupied exclusively as a private residence, and it shall be unlawful for any person to delay, hinder or obstruct said inspector in the performance of his duties.

Sec. 8. Said Smoke Inspector shall make written reports of his inspections once each month at the first regular meeting of the Board of Aldermen of the city of Asheville of each month, or oftener if demanded by said Board.

Sec. 9. If the emission of dense smoke containing soot or other substance be due to construction of furnace, chimney or flue or due to the height of connecting tank or to other engineering details relating to the boiler or furnace, or heating device, and if the emission of said dense smoke may be prevented by some proper device, and if the owner, lessee, agent or manager of the same shall apply to Smoke Inspector for plan to make alterations or install such device to prevent same, and shall file with said inspector, said plan for proposed alterations or installation of said device, said inspector shall investigate the same and with his approval or disapproval report the same to the Board of Aldermen at its next regular meeting, and should said Board of Aldermen after the report of said inspector approve said plan, said party filing said claim shall have thirty days

from and after such approval in which to complete such alterations of installation, or upon request by such owner, lessee or manager satisfying said Board of Aldermen that longer period is needed for completion of the same, the Board may, in its discretion, give further time for the same.

Sec. 10. If the emission of dense smoke containing soot or other substance be due to construction of furnace, chimney or flue, or due to the height of the connecting tank, or other enginering details relating to the boiler, furnace or heating device, and if the emission of such dense smoke may be prevented by some proper device and if, after notice to the owner, lessee or manager of such, he shall not make application with plans, etc., as set forth in section nine hereof, then said Board of Aldermen may submit plans to such person or persons, of the necessary changes to be made in connection with such heating device to prevent the emission of dense smoke, or of the style of smoke-consumer to be used and if such person or persons, as notified, with plans as above set forth, shall fail for twenty days thereafter to make such changes as are set forth in said plans he shall be subject to indictment under the provisions of this ordinance.

Sec. 11. Any person, firm or corporation violating any of the provisions of this ordinance shall be subject to a penalty of $5.00 for each and every offense.

Sec. 12. That this ordinance shall be in full force and effect from and after the first day of May, 1912.

Passed third reading and became law March 8, 1912.

STABLES

The Board of Aldermen of the city of Asheville do ordain:

Sec. 1. That no person, firm or corporation shall establish, keep or maintain a livery stable, feed stable or sales stable within fifty feet of any two or more buildings in the city of Asheville occupied and used principally as residences, hotels, lodging or boarding houses.

Sec. 2. That any person, firm or corporation violating any of the provisions of section one of this ordinance shall, upon conviction, be subject to a penalty of fifty dollars for each and every such offense.

Passed final reading and became law April 10, 1914.

TUBERCULOSIS

The Joint Health Board of the city of Asheville do ordain:

Sec. 1. That Section 510 of Bourne's Asheville Code, 1909, be and the same is hereby repealed, and the following inserted in lieu thereof.

Sec. 2. That no person, firm or corporation shall keep, run or operate any Hospital, Sanitarium, Hotel, Boarding House, Rooming House or other institution at which any person or persons suffering with tuberculosis are received, lodged, kept, roomed or boarded in the city of Asheville, without having first received a license to conduct such business from the Joint Health Board, and that every person, firm or corporation wishing to conduct such business, shall make application in writing to the Joint Health Board for a license, setting forth specifically the location of the property in which such business is proposed to be conducted, together with the name and resident address of the proprietor or owner of such proposed business, also the names and street addresses of all property owners and any other persons residing within two hundred feet of the proposed location; and that the application shall contain an agreement that all of the premises, in or on which said business is to be conducted may be inspected by the Board

of Health, the Health Officer or any other officer of the Health Department at any and all times, and that such applicant will comply with and obey all the rules and regulations of said Board of Health or said Joint Health Board; that said Joint Health Board may either grant or refuse a license to any person, firm or corporation in its discretion; and that such license shall be immediately revoked, without any further action by said Joint Health Board, upon such license or any other person acting as agent for such licensee being convicted for violating any of the provisions of this or of any other section of this ordinance; that every such license granted shall expire on the 31st day of December of the year in which it is granted, except such licenses as the said Joint Health Board may grant to continue during such time as the licensee shall comply with all the regulations governing tuberculosis; and that the renewal of such license shall be applied for in the same manner as prescribed for the original license, and that no such license shall be transferred without an order of the Joint Health Board.

Sec. 3. That it shall be unlawful for any person or persons operating or in charge of any hotel, boarding house, rooming house or other institution, at which persons are received, lodged, kept or boarded, to take any person or persons suffering from tuberculosis, when such hotel, boarding house, or other institution advertises or otherwise holds out that it does not take persons suffering from tuberculosis.

Sec. 4. That the Board of Health shall keep a list of all persons, who secure a license under the provisions of this ordinance, in the office of the Health Department of said city, which shall at all times, during office hours, be open to public inspection.

Sec. 5. That every person operating or in charge of any hotel, boarding house or rooming house that has not been licensed to receive tubercular persons, shall report to the Health Department or Health Officer of said city any person, at such hotel, boarding house or rooming house as aforesaid, suspected of suffering with tuberculosis; and said Health Officer may make necessary examination of any and all persons lodging, rooming or boarding at any hotel, or rooming house not licensed as herein provided, suspected to be suffering with tuberculosis and ascertain whether or not such person is suffering with tuberculosis, and should said Health Officer find any such person suffering with tuberculosis, such person must immediately be removed.

Sec. 6. That it shall be unlawful for any person suffering with tuberculosis to gain admittance by any false statements, or representations to room, lodge or board at any hotel, boarding house, rooming house or other institution in said city not licensed to take tubercular patients.

Sec. 7. That it shall be unlawful for any person suffering from tuberculosis to teach in any school, work at any soda fountain, in any barber shop, in any meat market, baker shop, grocery store, fruit stand or at any other place in said city where food stuffs are handled or sold.

Sec. 8. That it shall be unlawful for any tuberculous person to expectorate upon the floor, steps or other walkways, or porch of any sanitarium, sanatorium, hotel, boarding house, rooming house or other public hall, bank, public building, public office, court house, street car, sidewalk, street, drive, walk, lawn or other place within said city; that said person shall expectorate in tissue or other paper, in a handkerchief or other cloth, or in a proper sputum cup,

which shall be destroyed by burning before depositing in or at any other place.

Sec. 9. For the purpose of this ordinance, no person shall be considered suffering with tuberculosis whose sputum for three successive examinations, not less than four days apart, shall be free from tubercle bacilli; and that tuberculous patients who have been reported to the Board of Health as cured, arrested or closed shall submit their sputum, for examination, to the Health Department Laboratory and such person shall submit with the said sputum a written certificate, to the effect that the said sputum is of their own expectoration.

Sec. 10. That any person violating any of the provisions of this ordinance shall be subject to a penalty of $25.00 for each and every offense.

Sec. 11. That all ordinances and clauses of ordinances in conflict with this ordinance are hereby repealed.

Sec. 12. That this ordinance shall be in full force and effect after the first day of June, 1913.

Passed final reading and became law February 7, 1914.

VACCINATION

The Joint Health Board of the city of Asheville do ordain:

Sec. 1. That all children, teachers, instructors, and all persons connected with any school in the city of Asheville shall be vaccinated before entering or being permitted to enter any such building in which said school is conducted, and shall thereafter be successfully vaccinated as often as may be necessary in the discretion of the Health Officer to immunize such person from smallpox.

Sec. 2. That all children, teachers, instructors and all persons connected with any school in the city of Asheville, shall present a certificate of immunity from smallpox either through recent vaccination or previous attack of the disease.

Sec. 3. That it shall be the duty of every parent or guardian of any child attending school in the city of Asheville, also the school committee, principal or teacher to see that such child shall not be permitted to enter any school in which said principal or teacher has charge unless such child presents a certificate of immunity as provided in section two hereof.

Sec. 4. It shall be the duty of the school committee, principal or teacher of every school in the city of Asheville to see that proper records are kept of the certificates of immunity of each child, date of the same, together with the physician's name, etc.

Sec. 5. Any person violating any of the provisions of this ordinance shall be subject to a penalty of $25.00 for each and every offense.

Passed final reading and became law February 9, 1912.

AMENDMENT PASSED DECEMBER 23, 1910

Sec. 480a. That all teachers, instructors and persons connected with any school in the city of Asheville and all persons attending any such school shall be vaccinated before entering or being admitted to such school, or building in which such school is established, and shall thereafter be successfully vaccinated whenever, in the opinion of the Health Officer of said city of Asheville, the health of the citizens of Asheville or the inmates of such school shall require such vaccination, subject, however, to the proviso contained in section 478 of Bourne's Asheville Code.

Passed final reading and became law December 23, 1910.

WASTE MATERIAL

The Board of Aldermen of the city of Asheville do ordain:

That if any person shall throw or drop on any street, sidewalk, alley, public square or park of said city of Asheville, any glass, broken glass, glassware, glass bottles, or other articles or thing with sharp edges which may be dangerous to children walking thereon or thereover with their feet bare, or to horses or vehicles, and shall fail or refuse to forthwith remove the same and place it in some receptacle or other place where no damage or injury will result therefrom, he shall, upon conviction, be subject to a penalty of twenty-five dollars for each and every such offense.

Passed final reading and became law, May 27, 1910.

The Board of Aldermen of the city of Asheville do ordain:

Sec. 1. That it shall be unlawful for any owner, lessee, agent or other person having charge of any vacant lot or other unoccupied premises inside the fire limits of the city of Asheville to permit the deposit of waste, empty or unused boxes, waste paper, ashes or other rubbish or other thing which may be liable to cause or spread fire.

Sec. 2. That in case any owner, lessee, agent or other person having charge of any vacant lot or other unoccupied premises as set forth in section one hereof shall fail or refuse to keep their said vacant lot or other unoccupied premises free and clear of all such combustible matter as above mentioned, the building inspector shall have the power and it is hereby made his duty, to have such rubbish and other combustible matter removed therefrom and the cost thereof shall be charged to the owner of such vacant lot or unoccupied premises, and shall be and constitute a lien on said lot and other unoccupied premises and shall be collected in the same manner as other liens for taxes on real estate.

Sec. 3. Any owner, lessee, agent or other person having charge of any vacant lot or other unoccupied premises, violating any of the provisions of this ordinance, upon conviction, shall be subject to a penalty of five dollars for each offense.

Passed third reading and became law, June 28, 1912.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U. S. STANDARDS

	Equipment	Methods	Final Score
Y. W. C. A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Yuneda Dairy Lunch	92	95	94
Pisgah Cafe No. 1	94	93	93 1/3
Pisgah Cafe No. 2	94	91	92
Railroad Restaurant	90	92	91 1/3
Woman's Exchange	90	90	90
Crystal Cafe	80	90	86 2/3
Savoy Cafe	86	88	86 2/3
Baltimore Cafe	88	85	85
New York Cafe	81	84	83
Rea Cafe	85	79	81
Southern Restaurant	80	80	80
Busy Bee	80	79	78
Central Cafe	72	80	77 1/3
California Cafe	79	74	75 2/3
United States Cafe	76	68	71
Bryson Boarding and Lunch Room	72	76	71
Dixie Cafe	67	53	61
Mills Restaurant	48	60	56
Farmers Ready Lunch	55	52½	53 1/3
Bradley's Restaurant	32	59	50
C. E. Mills	30	57	48
Farmers Restaurant	31	56	47 2/3
Y. M. I. Restaurant (colored)	56	60½	59
Crescent	58	50½	53
Pearson's Quick Lunch	46	47½	47

MILK TEST FOR RETAIL DAIRIES, OCT., NOV., DEC., 1914

	‡Bacteria	*B. F.	†Sp. Gr.	‡T. S.
Biltmore (certified)	1,000	5.0	1.033	14.4
Biltmore	9,000	5.0	1.033	14.4
Violet	11,000	5.2	1.0315	14.5
White Pine Creameries (Pasteurized)	11,000	5.2	1.032	14.4
Oak Springs	15,000	5.6	1.032	14.2
Oak Grove	17,000	5.2	1.033	14.6
Laurel Springs	17,000	5.2	1.030	13.8
Fenner Farm	18,000	5.0	1.033	14.5
Dryman Mountain	19,000	5.2	1.031	14.2
Montford	22,000	4.6	1.032	12.9
Middlebrook	24,000	5.4	1.033	14.7
Pleasant Hill	25,000	4.6	1.0285	12.5
Hazel Glen	26,000	5.2	1.0295	13.7
Melrose	26,000	5.0	1.032	14.2
Anandale	26,000	4.4	1.0284	12.5
Sevier	28,000	4.5	1.0295	13.0
Woodbury	29,000	5.2	1.032	14.5
Valley Farm	30,000	5.0	1.030	13.6
Wildwood	30,000	4.4	1.030	13.0
Sunset	31,000	5.2	1.031	14.2
Forest Hill	36,000	5.0	1.0295	13.5
Locust Grove	43,000	4.4	1.029	12.7
Mountain Range	50,000	5.0	1.0295	13.5
Edgewood	53,000	5.2	1.033	14.7
Fairview	63,000	5.2	1.028	13.6

MILK TEST FOR WHOLESALE DAIRIES, OCT., NOV., DEC., 1914

	Bacteria	*B. F.	†Sp. Gr.	‡T. S.
Swannanoa	22,000	4.6	1.0265	12.2
Chas. Wilson	23,000	5.0	1.029	13.2
Carter Bros.	27,000	4.8	1.0307	13.6
Hill Farm	27,000	5.0	1.032	14.2
Hunsucker	27,000	4.8	1.029	13.4
W. A. Baird	28,000	4.8	1.032	13.9
Garrison Bros.	29,000	4.8	1.0285	12.0
Stevens & Moser	30,000	5.0	1.029	13.2
Baird Cove	30,000	5.2	1.0295	13.7
Elmer Carter	30,000	5.2	1.029	13.7
Ed McCall	32,000	4.5	1.029	12.7
D. Calloway	32,000	5.2	1.0342	14.5
J. V. Baird	32,000	4.8	1.029	13.2
W. S. Ccarborough	33,000	5.2	1.032	14.5
Swain	43,000	5.2	1.034	14.9
Griffin	43,000	5.4	1.029	13.8
Stony Knob	48,000	5.0	1.031	13.8
H. L. Ray	50,000	5.0	1.0295	13.4
Gaddy	57,000	4.4	1.0285	12.4

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

*Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); ‡Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 47 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | Feb. 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; finished streets; swimming pool, alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

BOARD OF HEALTH

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. C. V. REYNOLDS. DR. E. B. GLENN.
DR. W. L. DUNN. DR. A. W. CALLOWAY.

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS

C. V. REYNOLDS, M. D., Health Officer, Phones: Residence, 174; Office 15.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

Population { White - 15,000 / Colored - 5,000 } **20,000**

The imposition of a large death rate will not cost Asheville a single life—but what of the sleeping cities, drugged by false statistics to insensibility of their danger, from which their victims have fled?

STATISTOLOGY

A collection of facts respecting births, deaths, marriages, longevity, domestic economy, general resources, etc.—when arranged in a classified and complete manner, is of fundamental importance, if accurate in the true origin of disease and cause of death. A tabulation of numerical facts, constructed and arranged as an intelligent whole for consideration, has done and is doing much to clarify many long-disputed and puzzling questions. This is the foundation of life insurance, and causes the rise and fall in its market price to the policy-seeker; yet both the insured and insurer are benefited thereby. The accurate gathering of statistics is a demonstration of the law of supply and demand in political economy.

The collection of vital statistics of all towns and cities, to be computed at State Headquarters, thence forwarded to Washington for further compilation and report, as a whole, does good in the way of general information from which many important facts are gathered. The value of the registration of deaths and causes of death surely cannot be underestimated, for with this evidence, preventable causes of death may be sought, thereby determining wherein failure has occurred, as compared with statistics of others. All standards are improved by comparison. In this way our method may prove a success or failure as compared to the success or failure of others.

The gathering of statistics is not preventative medicine. It does not eradicate disease. It is only a compilation of facts relating to the prevalence of disease, and is useless in the highest object to be attained, unless it is used to locate, prevent, and eradicate the source of the disease.

Transferable Deaths

In the report of the Registrar General of England and Wales in 1911, out of a total number of 527,810 deaths in England and Wales, there were 40,000 "transferable" deaths. If these deaths had not been transferred, it would have meant forty thousand mistakes; and, should these deaths have been preventable deaths, and reported as such, and reported to the Registrar, in the area in

which the disease originated, forty thousand mistakes could have been remedied and possibly many times forty thousand lives saved, which would otherwise, in all probability, be maimed or lost.

Health Boards, working for the preservation of health and the prevention of disease, thereby increasing longevity, are rendering a true, beneficial, and far-reaching service to their fellowman. Nothing is more important than the conservation of human life, but to accomplish best results, each municipality must be given the responsibility of its own mortuary statistics, contagion, communicable and preventable diseases, and must not be forced (as is done under the present method) to accept and to be accountable for the imported cases. Each city which carries on an accurate statistical bureau should be entitled to an individual record and should insist upon its rights. Certainly one of the main objects of vital statistics is to locate the source of disease and to prevent its recurrence.

This being admitted, how can it better be done than in giving the towns in which the disease originated the responsibility for having been the source of the disease; and, in the event of death, the cause of death? Is not this our object? Or is it simply a compilation of figures for the business world? I take it that we would be our brother's benefactor, to report to him wherein he has failed and, by comparative statistics, show him how to avoid in the future the errors of the past. What good can we hope to accomplish in having the statistics of others, equal—yes, better, than ours—by carrying their mistakes? To apply all means at our hand to locate places where preventable diseases find their fertility is our first duty.

Value of Vital Statistics

We often hear in the appeal for vital statistics, reference made to its being simply good book-keeping, book-keeping of humanity, which is essential to the welfare and success of any business. This is true, but is it not well to bear in mind that beautiful and accurate book-keeping alone does not mean success? It requires a good business conducted on sound principles, along with accurate book-keeping to attain greatest success. Any business, firm, or corporation, through its system of book-keeping learns, through the first year's business, wherein they have erred and, should the error be found in carrying faulty foreign accounts, do you suppose for one moment that the firm would continue these foreign accounts on their books as live assets? No! Such methods would lead to liquidation or bankruptcy.

Just so may we attain a good system of book-keeping in gathering vital statistics, and gain accurate and general statistical information; but the business, PREVENTION of DISEASE, will suffer loss and we should consider liquidation, if an improvement is not made in the method. Twenty-four of the United States are carrying on this business today, and within these states there are municipalities spending vast sums of money; and altruistic men are giving their time and energies in an honest effort to render a real service to their country, only to find, by this faulty system of book-keeping and poor business method, their efforts lost, by being forced to carry as their own contagion, communicable, preventable,

diseases and deaths, which should be carried by the towns in which they were contracted. What business house would take upon itself the burden of accruing the losses made by a similar business in other towns? It is just as ridiculous, it seems to me, in attempting to prevent disease, and stimulate all towns to do their best, by the present method.

Time Limit

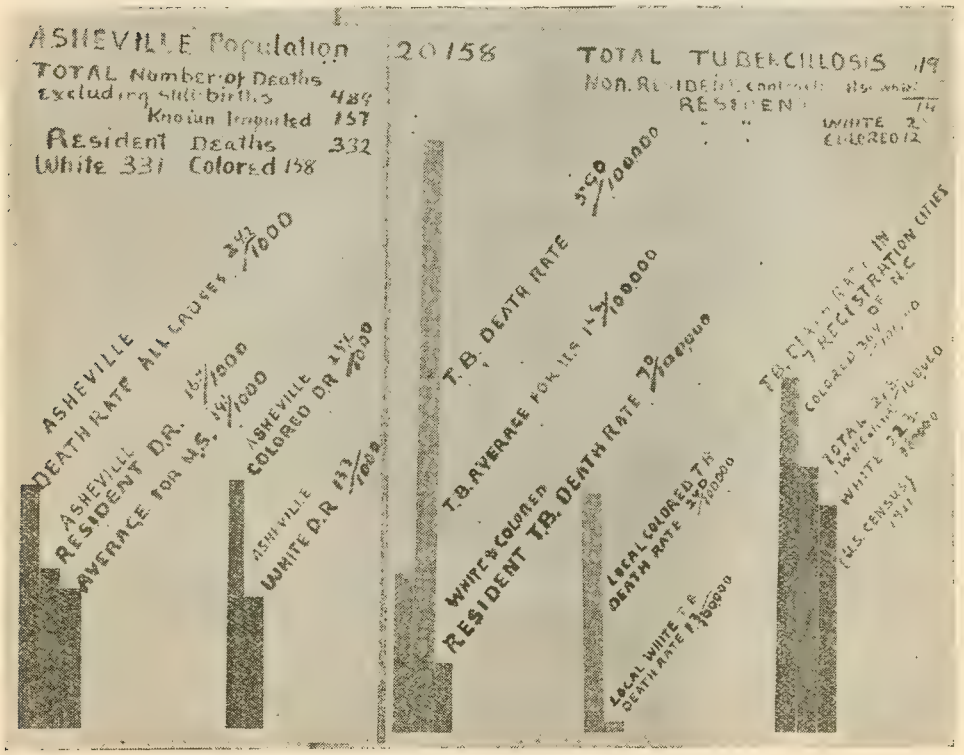
It may be ligitimate for political reasons to require one to live within a state two years before becoming a legal citizen; six months within the county; ninety days within the precinct to become a qualified voter. It may be practical to legislate a man into his legal rights as a citizen and, at the same time, he may by legislation be declared a non-resident; but by what means can the onset of tuberculosis be controlled or the individual relieved of its ravages in any specified time? By what process can one reconcile the time limit in cancer, tuberculosis, chronic cardiac troubles,—with that of pneumonia, dyphtheria, scarlet fever, typhoid fever? Again it seems to me that the happiest solution would be in requiring a satisfactory proof of the source of the origin of the disease and classify it accordingly. Rapid advancement in the cause of preventive medicine can only be made by proving to The People, not indirectly as is now being done, but definitely and specifically, the value of preventive medicine. How could this be better accomplished than by eliminating from records ALL IMPORTED DISEASES, referring those to their proper places, thereby reducing one percentage column and raising that of the indifferent, careless, or non-progressive? No obstacle will be thrown in the way when it is positively proven that without doubt it is our gain and our neighbor's loss. The Public will demand it. The City Fathers, Legislators and Statesmen in general will respond to the cause. Those towns having a high percentage column will be justly censured; a realization of unhealthy conditions will be brought home to them; and, as the first law of nature is self-preservation, they will immediately set to work in an active crusade for the prevention of disease and the preservation of their people.

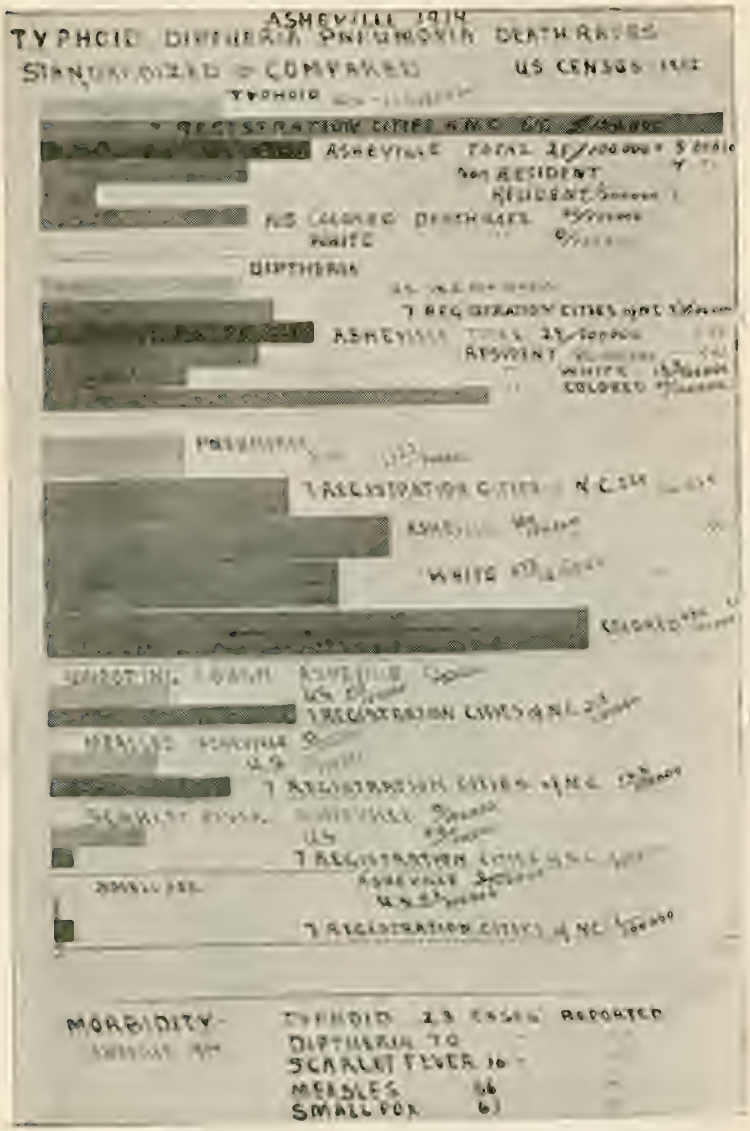
Preventive Medicine

Preventive medicine is the prevention of disease, but how can it be prevented if its existence is not known? How are we to know of our failures, if our good neighbors carry them for us and hide them in their own book-keeping, in the form of suspense accounts? We are groping in the dark. We are doing others an injustice. We are piling up our death rate. We are injuring health work. We are striking at the very heart of preventive medicine. Let us balance our books. See where we stand. Get out a new system, allowing the whole truth to prevail, and I believe that within five years many mistakes of the past will be corrected and many truths, now in the dark, will be unfolded.

The gathering of statistics from all towns, from the local Registrar, to be sent to the State Registrar for compilation, and thence to Washington for further compilation and standardizing, is important, for general commercial reasons; and, if the American people were fixed,

this method would be satisfactory; but, to the contrary, they are transitory, constantly in search of better places—such as business centers, seaport towns, health resorts, and places for pleasure. Those places most frequented, are the greatest sufferers and should not, on account of their advantages, have to carry the disease and death-rate coincident thereto. It is an injustice to the popularity of that town. It is misleading to climatic influences. It is a vital mistake in the prevention of disease. It is a false, yet innocent, suppression of facts. Let us listen to a few statistical facts and I hope the results and conclusions gathered therefrom will cause you to realize the injustice being done to these cosmopolitan towns. The injustice to true and honest statistics. The injustice to prevention of disease. The injustice and serious handicap to hygienic progress. The great hinderance to the eradication of disease, as well as to the encouragement of promotion and stimulation of the prevention of preventable disease.





FOR DIPTHERIA IN CHART READ DIPTHERIA

ASHEVILLE'S DEATH RATE (EXCLUSIVE OF STILL-BORN) STANDARDIZED AND COMPARED WITH U. S. CENSUS

ALL CAUSES	RATE
Total (Asheville)	24.0 in 1,000
Residents	16.4 in 1,000
White	13.3 in 1,000
Colored	25.6 in 1,000
Average for U.S. (Census 1912)	14.1 in 1,000
	POPULATION

DEATH RATE OF TUBERCULOSIS, TYPHOID, DYPHTHERIA, PNEUMONIA— STANDARDIZED AND COMPARED WITH THE UNITED STATES CENSUS OF 1912

TUBERCULOSIS	RATE
Total (Asheville)	590.00 in 100,000
Residents (White and Colored) (Asheville)	70.00 in 100,000
Local White "	13.00 in 100,000
Local Colored "	240.00 in 100,000
Average for U.S.	158.00 in 100,000
*Seven Registration Cities of North Carolina	
Total	278.00 in 100,000
White	223.00 in 100,000
Colored	364.00 in 100,000
	POPULATION

TYPHOID		
United States		16.5 in 100,000
*Seven Registration Cities of North Carolina		64.0 in 100,000
Asheville, Total	5 Deaths	25.0 in 100,000
Non-Resident	4 Deaths	
Resident..(Contact imported case)	1 Death	5.0 in 100,000
Resident Colored (Population 5,000)		20.0 in 100,000
Resident White (Population 15,000)		0.0 in 100,000

DIPHTHERIA		
United States		18.2 in 100,000
*Seven Registered Cities of North Carolina		22.0 in 100,000
Asheville, Total	5 Deaths	25.0 in 100,000
Residents	4 Deaths	20.0 in 100,000
White	2 Deaths	13.3 in 100,000
Colored	2 Deaths	40.0 in 100,000

PNEUMONIA		
United States		132.2 in 100,000
*Seven Registered Cities of North Carolina		225.0 in 100,000
Asheville	60 Deaths	320.0 in 100,000
White	40 Deaths	273.0 in 100,000
Colored	20 Deaths	480.0 in 100,000
		POPULATION

	RATE	
WHOOPING COUGH		
United States	11.5	in 100,000
*Seven Registered Cities of North Carolina	21.3	in 100,000
Asheville	0.0	in 100,000
MEASLES		
United States	10.0	in 100,000
*Seven Registered Cities of North Carolina	16.8	in 100,000
Asheville	00.00	in 100,000
SCARLET FEVER		
United States	8.0	in 100,000
*Seven Registered Cities of North Carolina	1.0	in 100,000
Asheville	0.0	in 100,000
SMALLPOX		
United States	3.0	in 100,000
*Seven Registered Cities of North Carolina	1.0	in 100,000
Asheville	0.0	in 100,000
	POPULATION	

*(Charlotte, Durham, Winston, Greensboro, Wilmington, Raleigh, Asheville)

DEATH RATE FROM ALL CAUSES—U. S. CENSUS OF 1912
ASHEVILLE 1914

Los Angeles	14.7	in 1,000
Denver	14.2	in 1,000
New York	14.5	in 1,000
Birmingham	17.4	in 1,000 10% or more colored
Washington, D.C.	18.3	in 1,000 10% or more colored
Atlanta	18.0	in 1,000 10% or more colored
New Orleans	20.1	in 1,000 10% or more colored
Baltimore	18.2	in 1,000 10% or more colored
Asheville	24.0	in 1,000 25% or more colored

Asheville White 13.3%

DEATH RATE OF WHITE AND COLORED COMPARED
(ALL REGISTRATION AREAS)

White	929.5	in 1,000 Deaths
Colored	70.5	in 1,000 Deaths
OR		
White	92.95	in 100 Deaths
Colored	7.05	in 100 Deaths
LOS ANGELES		
White	94.7	in 100 Deaths
Colored	5.3	in 100 Deaths
ASHEVILLE		
White	73.4	in 100 Deaths
Colored	26.6	in 100 Deaths

Fairness of a True Record

The growth and accuracy of vital statistics depends upon the realization of its exact importance. What could better further its popularity than to allow each municipality its true record?

The laws of average play no part in preventative medicine, unless the average is gained by a definite effort to seek the cause and effect, together with a united determination to erradicate the cause and to modify the effect.

It is indeed gratifying to know that a city has a low rate of communicable diseases and deaths, because of its cleanliness, pure water supply, good sewerage system and sanitary closets, incinerator, school inspection, vaccination, meat inspection, dairy inspection, tuberculine-tested cows, certified milk, a laboratory for the detection of contagion, milk counts, etc. It may indeed be said that the death rate of the citizens of such a city is perceptibly lowered and that the lives of those visiting in her midst are greatly protected, but why should a city thus protected be forced, by the laws of general average, to carry a higher death-rate than those cities less progressive? It is a sad commentary on preventive medicine and is a gross injustice to the town so wronged.

The Remedy

Allow each municipality to be responsible for every communicable, contagious, and preventable disease or death, which originated in her midst.

Upon satisfactory proof of any communicable, contagious, or preventable disease, originating elsewhere, that disease shall be returned and recorded in the registration area in which the disease originated.

All deaths occurring from imported diseases shall, upon satisfactory proof be referred to the area in which it occurred.

All imported deaths, from non-registration areas, shall be compiled as such and reported to point of origin, also tabulated in the registration area in which the death occurred, for general information.

All imported, contagious, communicable or preventable disease, from non-registration areas, shall be compiled as such, and reported to point of origin and tabulated as occurring in the registration area in which the disease occurred, for general information.

With all possible emphasis, it is desired that my listeners be impressed with the dire need of statistical reconstruction,—not for the special benefit of the few, but for the good of the whole. Look not upon it with an impugning mind. Let us bend every effort toward a reformation, and accomplish much toward the prevention of preventable disease.

C. V. REYNOLDS, M. D.

Read before the Buncombe County Medical Society, Asheville, N. C., Feb. 1st.

Read before the Tri-State Medical Society, Charleston, S.C., Feb. 17th.

The imposition of a large death rate will not cost Asheville a single life—but what of the sleeping cities, drugged by false statistics to insensibility of their danger, from which their victims have fled?

"Following the reading of the paper of Dr. C. V. Reynolds, Dr. J. Howell Way, Waynesville, N. C., submitted the following:

Resolved that it is the sense of the Tri-State Medical Association of the Carolinas and Virginia, in seventeenth annual session, assembled in Charleston, S. C., February 17-18, 1915, that the continuance of the present method of collecting and registering vital statistics in which deaths are charged to the place of residence of persons dying, inculcates and perpetuates a vital error in such statistics, besides inflicting a manifest injustice to those specially healthful sections of our country known to possess a remarkably low death rate from certain diseases among their permanent population.

Resolved further, that a copy of the paper be sent to the great national associations, viz: the American Medical Association, the American Public Health Association, the American Bar Association, and the U. S. Public Health Service and others, each of which, through committees, participated in the construction of the "Model Vital Statistics Law," since enacted and now in operation in twenty-seven states of the union, be respectfully directed to this inequity and requested to formulate plans for the securing of amendments to the statutes of the various states which will correct this error.

Discussion.

On motion the resolutions were unanimously adopted and Dr. Reynolds authorized to co-operate with the Secretary in sending such notices.

Rolfe E. Hughes, M.D., Sec.-Treas.
Laurens, S.C.

Asheville Board of Trade

February 25th, 1915

* * * On motion of E. C. Chambers, seconded by Mr. Rector and Mr. Stikeleather, the Board of Trade unanimously endorsed the suggestion of Dr. Reynolds for the installation by the State of suggested new method of keeping the records of vital statistics, and that if necessary to bring about this change of keeping the record that Dr. Reynolds be requested to secure such assistance as he needed for drawing a bill covering same, to be forwarded at once to our representatives at Raleigh, with the request that they push same through this session of the legislature if possible.

N. BUCKNER, Secretary.

"Reform directed toward the advancement of public health must ever take precedence of all others."—Disraeli.

"Prevention is greater than cure." —Am. Medical Journal.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Railroad Restaurant	94	94	94
Yuneda Dairy Lunch	92	95	94
Pisgah Cafe No. 1	94	94	94
Crystal Cafetarian	94	86	92
Woman's Exchange	90	92	91⅓
Broughton's Cesturant	92	84	90
New York Cafe	87	89	88⅓
Savoy Cafe	86	89	88
Crystal Driry Lunch	80	90	86⅓
Baltimore Cafe	88	86	85
Central Cafe	82	85	84
Star Resturant	82	82	82
Rea Cafe	90	78	82
Highland Cafe	75	89	81
Southern Restaurant	76	82	80
California Lunch Room	78	77	77⅓
Home Cafe	75	77	76
Silver Moon	84	72	76
Bryson's Resturant	67	70	70
Farmer's Quick Lunch	52	67	62
Farmer's Ready Lunch	55	61	59
Dixie Cafe	66	54	58
Mills Restaurant	48	60	56
Bradley's Restaurant	34	60	51
Mill's Lunch Room	30	58	48
Y.M.I. Restaurant (colored)	53	58	57
Crescent	61	55	57
Pearson's Quick Lunch	46	47½	47

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15, Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10, Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1.....

Score for Methods.....; multiplied by 2.....

Total to be divided by 3.....

Final Score.....

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

MILK TEST FOR RETAIL DAIRIES, JANUARY 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore (certified)	600	5.2	1.0325	14.4
Biltmore	8,000	5.4	1.031	14.4
Violet	10,000	5.0	1.034	14.6
White Pine Creameries (Pasteurized)	11,000	4.2	1.034	13.7
Oak Springs	15,000	5.2	1.032	14.6
Middlebrook	17,000	5.4	1.0321	15.3
Oak Grove	18,000	5.4	1.0305	14.3
Fenner Farm	18,000	5.2	1.0305	14.1
Dryman Mountain	18,000	5.0	1.032	14.2
Montford	18,000	4.8	1.034	14.5
Sunset	19,000	4.4	1.031	13.3
Wildwood	20,000	5.0	1.033	14.4
Edgewood	22,000	4.8	1.0318	14.1
Woodbury	22,000	5.2	1.0218	14.3
Sevier	26,000	5.0	1.0325	14.3
Melrose	26,000	5.2	1.0315	14.3
Laurel Springs	21,000	4.8	1.032	13.8
Mountain Range	28,000	5.2	1.0342	14.8
Annandale	31,000	4.4	1.034	14.0
Forest Hill	35,000	5.0	1.032	14.2
Pleasant Hill	40,000	4.2	1.029	12.5
Burnsville Hill	40,000	4.8	1,031	13.7
Hazel Glen	45,000	5.0	1.0618	14.2
Locust Grove	51,000	4.8	1.034	14.4
Fairview	60,000	5.2	1.0305	14.1

MILK TEST FOR WHOLESALE DAIRIES, JANUARY 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Carter Bros	17,000	4.2	1.034	13.5
Chas. Wilson	17,000	4.6	1.034	14.2
D. Calloway	20,000	4.8	1.032	14.5
Emma Farm	21,000	5.2	1,0318	14.7
Hunsucker	25,000	4.4	1.030	13.0
H. R. Ray	25,000	4.4	1.033	13.7
Elmer Carter	28,000	4.8	1.031	13.7
Garrison Bros	31,000	4.0	1.030	12.5
Stony Knob	32,000	4.0	1.0318	13.8
W. A. Baird	34,000	4.8	1.031	13.7
Glen Dale	35,000	5.2	1,034	14.9
J. O. Baird	35,000	4.2	1.031	12.9
I. V. Baird	35,000	4.2	1,032	13.5
Griffin	37,000	4.4	1.0305	13.5
Swain	40,000	5.2	1.032	14.7
Hill Farm	55,000	5.0	1.029	13.9
Scarborough	52,000	4.4	1.032	13.5

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.**

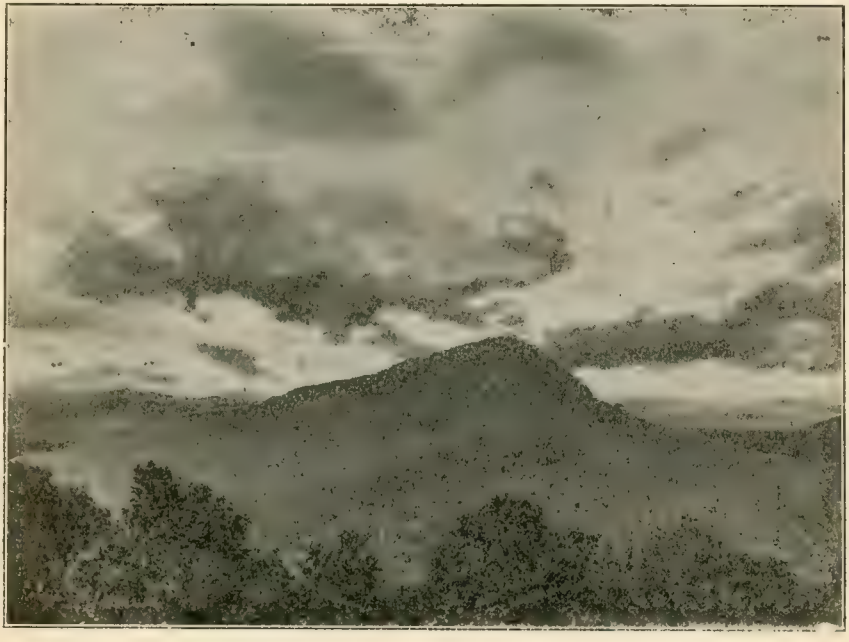
BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 48 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N.C., under Act of July 16, 1894. | Mar. 1915



The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool, alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

BOARD OF HEALTH

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. C. V. REYNOLDS. DR. E. B. GLENN.
DR. W. L. DUNN. DR. A. W. CALLOWAY.

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS

C. V. REYNOLDS, M. D., Health Officer, Phones: Residence, 174; Office 15.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

Population { White - 15,000 / Colored - 5,000 } **20,000**

VACCINATION

The city of Louisville, Kentucky, has adopted and will enforce rigid laws during the coming year in an effort to reduce the high smallpox mordibity which obtained during the year just past. The following quotation from the bulletin of the city health department tells the story:

"Last year nearly seven hundred cases of smallpox were treated at our Eruptive Hospital. An epidemic of smallpox in any community in this day of preventive medicine reflects great discredit on the city and its government.

"To prevent a similar outbreak this year, the State Board of Health is co-operating with the city Health Department and the State and city laws of compulsory vaccination will be enforced.

"All those persons who refuse to obey the law will be served with a warrant and presented in court. The fine is from $5.00 to $50.00."

COMPULSORY VACCINATION

Vaccination for smallpox has now thoroughly proved its efficiency. The fact that the various states have widely differing laws concerning vaccination make the following arguments for compulsory vaccination of more than passing interest. During thirteen years more than thirty-six million children were vaccinated in Germany. Of these 115 died within a few weeks or months although forty-eight did not die as a direct result of vaccination. In the Philippines 3,515,000 persons have been vaccinated without a single death.

"Germany has from 1874 had compulsory vaccination. There have since been no epidemics of smallpox in the Empire, although the disease has been frequently introduced from without, especially from Russia. In 1897 there were but eight smallpox deaths among fifty-four million German people. Since 1897 long periods have passed without a single variola death. Since 1874, in the huge German army, where discipline is inexorable there have been only two deaths from smallpox, one of these of a reservist who had not been successfully vaccinated. Compulsory vaccination has averaged 1 to 3.5 smallpox deaths per million. Belgium, Russia, Austria, Italy, Spain, without compulsory vaccination, have averaged respectively 164, 231, 510, 536 and 963 smallpox deaths per million of population."

CIVIC BETTERMENT LEAGUE

[CONTRIBUTED]

Through the activity of the Civic Betterment League has come a great stimulus to the citizens of Asheville, both young and old toward cleaning, beautifying and improving our Mountain City.

Each man and woman and every little child in Asheville can help this good work on by co-operating in the effort to cleanse and beautify, and by influencing others to do the same.

Be on the alert every day, and do not let trash and garbage collect on your own premises, and help to keep vacant lots, side streets and alleys clean too.

The tendency is to throw trash and paper into these out-of-the-way places and neglect them, but this must not be done.

Whenever and wherever you see wrong conditions, endevor to right them through the proper channels.

Remember that all you have to do is to call (No. 152) the Health Department and report the trouble.

By a continuous effort on the part of all good citizens the desired conditions may be attained. This means perpetual vigilence and constant care on the part of the indivuidal.

The city of Asheville collects trash and cleans her streets regularly, but if between times people are careless and indifferent, about garbage and trash the result will be most unsightly and many times unsanitary.

Familiarize yourself with the city ordinances and co-operate with the Civic Betterment League in its work of keeping your city sweet and clean.

AN APPEAL FROM A STUDENT

[CONTRIBUTED]

Several months ago the Mothers' Club was organized in Asheville for the first time, and it was decided to try out their plans only in the Orange Street School for the present, with the hope of soon gaining the interest and hearty co-operation of the mothers in the other parts of the city.

Perhaps you wonder what the object of this Mothers' Club really is. Its object is to see whether or not the school rooms are well ventilated and cleaned. To see that the children have the right sort of play grounds. In general, to see that everything is carried out for the best advantage to the childrens' health and pleasure.

Some people who are opposed to school inspection and all the works of the Mothers' Club might say that the children should study while they are in school and play afterwards, but we do not want the children to look upon school as a perfect bug-bear of nothing but books, books, books. We want them to become interested in their school and feel proud that they go there. The way to do this is to gain their interest through things they are interested in such as basketball, football, tennis, etc., Unless the children get the proper amount of physical exercise, one cannot hope for good results from their studies. As the old Greek maxim goes, "A sound mind in a sound body."

The inspection is not finished on the outside of the school. It is the object of the Mothers' Club to see that the school rooms are kept clean and well ventilated with an even temperature all over the building, for fresh air, even temperature and cleanliness are all necessary for the good health of the children.

What can be accomplished in a hot poorly ventilated school room? How can you expect a hild to think clearly under such conditions? The child has to go from one recitation room to the other, therefore the temperature in each should be the same, but this is not the case in most schools. The rooms are kept more for the individual comfort of the teacher than in consideration for the pupils.

Taking all these points into consideration we should do all that is in our power to help the Mothers' Club perfect its organization.

A JAIL SENTENCE FOR SELLING ADULTERATED MILK

Repeatedly prosecuted by the Department of Health for violation of its milk regulations, and in spite of this continuing his illegal practices, a Brooklyn dealer was sentenced in the Court of Special Sessions, on November 12th, to

pay a fine of $250.00 for selling milk improperly labeled and to serve three months in the city prison for selling adulterated milk.—New York Medical Journal, November 28th.

MOTHERS!

Mothers, do you realize that 75% of surgical tuberculosis (tuberculosis that sends your child to operating table, and if relieved, to be scarred forever) is due to drinking milk from a tuberculous cow? Do you know that 90% of the tuberculous glands in the neck and head are due to drinking milk from a tuberculous cow?

Do you know that 20 to 25% of infantile tuberculosis is due to drinking milk from a tuberculous cow?

Do you know that next to mothers' milk—clean cows' milk from healthy cows is the best food for the baby?

Do you know whether or not your dairyman has had his cows tuberculin tested this year?

Think of this conscientious mother—save your child from bone and gland tuberculosis by telephoning to the Health Department (152) and find out. If your dairyman's cows have not been tested—change—and buy from one that has. Will you do this for the sake of the children?

Do you have your own cow?—if so—have you had her tuberculin tested?

BOVINE (COW) AND HUMAN TUBERCULOSIS

The December issue of the Journal of State Medicine, London, is devoted almost completely to the consideration of the relationship between bovine and human tuberculosis and expresses rather fully the work done along this line through the activity of the Royal Institute of Public Health. A paper by G. Sims Woodhead summarizes the past and present attitude of the organization toward bovine and human tuberculosis, mentioning some of the things which led to the belief in the susceptibility of man to the attack of the tubercle bacillus of the cow. Such as: The discovery of a large amount of intestinal tuberculosis in children which was apparently due to drinking the raw milk of tuberculous cattle; the appearance of a large number of blood cells in milk which may assist in introducing the bacteria; and in more recent days, the study of bacilli from tuberculous patients by cultural methods and by animal inoculation experiments. Much of this recent work, which has been done by Doctors Fraser and Mitchell, receives consideration in the other papers of the Journal, one by H. J. Stiles and one by Prof. Sheridan Delepine.

As the result of bacterial examination of the milk derived from operations, Dr. Stiles states that 75% of the surgical tuberculosis of Scotland is due to infected milk and that 90% of the cases of tuberculosis of the small glands of the neck and head are due to infection by bovine bacilli which have gained access through the tonsils.

Delepine has collected many statistics showing the prevalence of tuberculosis of the bovine type. We quote from his conclusions:

"The information supplied by the various methods indicates:

"(1) That an exceedingly small number of children are tuberculous at birth.

"(2) That soon after birth they begin to contract the disease.

"(3) That the nature of the tuberculous lesions and their distribution show that before the fifteenth year the alimentary passages are important channels of infection, and that after the fifteenth year infection generally takes place through the air passages.

"(4) That, when the matter has been investigated, it has been found that among children suffering with tubercu-

losis other than pulmonary tuberculosis a great number have been fed on unsterilized cows' milk.

"(5) That from the lesions of children fed on unsterilized cows' milk, bacilli resembling those associated with bovine lesions are found in the great majority of cases.

"(6) That both the distribution of the lesions and the characters of the bacilli seem to indicate that not less than 20 to 25 per cent of the cases of infantile tuberculosis are attributable to infection through cows' milk, and that some results indicate a much higher proportion.

"(7) That experimental evidence shows that the ingestion of tuberculous cows' milk is followed by infection through the alimentary canal in the great majority of mammals on which the experiment has been made."

NOT A DEATH FROM TYPHOID IN ASHEVILLE LAST YEAR

The Health Department is proud of the fact that there was not a single death from Typhoid Fever in Asheville in 1914 due to local causes—and only one resident death, caused by nursing an imported case.

The fight against Typhoid Fever is not for the special benefit of the infant, nor the adult, nor the middle aged, nor the old—but for them all collectively—so collectively let us set about this year to keep up our high standard, and challenge the world for a better record—

How?

Vaccinate against typhoid fever—it is harmless—it protects. Drink Asheville water only.

See that your Dairyman's bacterial count is low—if not, buy from one that has clean milk.

Swat the fly now and all the time.

Wash your vegetables.

HEADING OFF FLIES

Editor of The Gazette-News:

Asheville as the "flyless city" has a dangerous rival in Cleveland, Ohio, where we understand the fly-screen is becoming obsolete. People there not only have learned to "swat the fly," but have adopted a new slogan—"Head 'em off!" and fall, winter and spring are the heading-off seasons as well as summer. The winter fly is the breeder, and if he only can be destroyed the summer campaign is esaier. An article by Willard Price in the Technical World magazine tells us how this fly-fighting army is organized. The rank and file is composed mainly of school children appointed by each principal for his district and known as junior sanitary police. Each "fly-cop" is responsible for a certain section of his district and makes regular inspections. For example, he may find a garbage can without a cover. This he reports politely to the lady at the back door. If this fails of result, he reports it up to his senior officer, the body inspector, who approaches the lady again. Failing again, the inspector reports to the boy chief, who sends a courteous note to the offending lady, stating the trouble and asking her co-operation. If this letter fails, the matter goes up to the street cleaning department and the lady shortly will receive an official document from the city of Cleveland, threatening suit if the garbage can is not kept according to law. Five days would probably cover all these proceedings. Another duty of some of these young inspectors is to count the number of flies that can be seen in three minutes in meat, fruit, confectionary, grocery shops, etc., the results being reported and returned for comparison to the merchant—with congratulations if he deserves them. As a result of the activities of the fly corps, Cleveland is approaching the condition of a "flyless city" more rapidly probably than any other American municipality.—A.B.C.

We, of Asheville, welcome competition in the race for a flyless city—it adds zest to our interest—and compliment Cleveland on her entry.

CLEAN UP AND KEEP CLEAN is our motto. SWAT THE MAGGOT and you won't have flies to swat.

Prepare to protect yourself against flies or you will not be surprised to receive the following notice:

A pointed message prepared by the Kansas State Board of Health as part of its campaign against flies is shown in the accompanying card. Customers who object to buying food over which flies have crawled are encouraged to spend their time, while waiting at the butcher's, grocer's or baker's, counting the flies. They may then protest incognito by sending to the storekeeper one of the little 1¾- by 3-inch cards provided by the State Board of Health, bearing in black and white the results of their observation. This looks like an effective way of stirring up the merchants to anti-fly activity. Is not the plan worth trying in other states?

FLIES CARRY UNNAMABLE FILTH TO FOOD. I COUNTED.....FLIES IN YOUR PLACE OF BUSINESS.
DATE..... A CUSTOMER

NOTE

Asheville is at present free from all acute contagious diseases: diphtheria, scarlet fever, smallpox, typhoid fever, etc. Not a case in quarantine for any cause.

Asheville believes in compulsory vaccination and quarantine for smallpox.

Asheville has not had a case of smallpox for over a year.

CORRESPONDENCE

Dr. C. V. Reynolds,
Asheville, N.C.

Dear Dr. Reynolds:

At a meeting of the Civic League held Wednesday, March 10th, the motion was carried that the League express to you and the Board of Health its appreciation of the improvement in the collection of garbage and waste.

Very sincerely,
ANNE OAKLEY,
Cor. Sec'y Civic League.

March 13th, 1915.

March 17, 1915.

Miss Anne Oakley, Corresponding Secretary, Civic League, City.

Dear Miss Oakley:

Your communication of March 13th, expressing the appreciation of the Civic League in behalf of caring for waste and garbage, by the Health Department, received.

We appreciate very much your expression of satisfaction and if we do not hear to the contrary, we will take the liberty of publishing the communication in the next Bulletin.

Co-operation on the part of the Civic League membership in educating the people to collect systematically and place regularly all garbage and waste products will greatly aid us in removing same. We enjoy co-operation of this kind and stand ready to aid you in aiding us to have a clean city.

Yours very truly,
C. V. REYNOLDS,
Health Officer.

Do you want clean bread? Ask your baker or grocer for bread wrapped in the bakery.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	94	95	94⅔
Yuneda Dairy Lunch	92	95	94
Railroad Restaurant	94	94	94
Crystal Cafetarian	90	86	92
Woman's Exchange	90	92	91⅓
Broughton's Cafe	92	84	90
New York Cafe	87	88	88
Savoy Cafe	86	89	87⅔
Crystal Dairy Lunch	80	89	86
Baltimore Cafe	88	86	85
Central Cafe	82	85	84
Star Restaurant	82	82	82
Rea Cafe	90	78	82
Highland Cafe	75	89	81
Southern Cafe	76	80	79⅔
California Lunch Room	78	75	76
Home Cafe	75	77	76
Silver Moon	84	72	76
Bryson's Restaurant	67	60	68⅓
Farmers Ready Lunch	55	55	55
Dixie Cafe	66	52	56⅔
Mills Restaurant	48	60	56
Mills Lunch Room	30	58	48
Bradley's Restaurant	34	50	43⅓
Y.M.I. Restaurant (colored)	53	58	57
Crescent	61	55	57
Pearson's Quick Lunch	46	47½	47

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15. Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... .....

Score for Methods.....; multiplied by 2..... .....

Total to be divided by 3..... .....

Final Score..... .....

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

.....

MILKTEST FOR RETAIL DAIRIES, FEBRUARY 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore, certified	1,500	5.8	1.034	15.6
Biltmore	8,000	5.0	1.032	14.2
White Pine	11,000	4.8	1.030	13.4
Violet	12,000	5.0	1.029	13.5
Oak Grove	12,000	4.2	1.0325	13.6
Fenner Farm	12,000	4.8	1.034	14.3
Dryman Mountain	12,000	5.2	1.032	14.5
Oak Springs	14,000	5.2	1.0315	14.2
Hazel Glen	15,000	4.8	1.034	14.4
Woodbury	15,000	5.2	1.029	13.6
Laurel Springs	20,000	4.8	1.0316	13.6
Middlebrook	20,000	5.4	1.032	14.6
Melrose	21,000	5.4	1.031	14.4
Locust Grove	25,000	4.6	1.0338	14.1
Sunset	25,000	5.0	1.032	14.2
Sevier	30,000	5.0	1.0295	13.6
Pleasant Hill	30,000	4.2	1.029	12.4
Mountain Range	35,000	5.0	1.0301	13.7
Valley Farm	35,000	5.0	1.029	13.4
Forest Hill	35,000	5.0	1.029	13.6
Burnsville Hill	40,000	5.2	1.034	14.6
Wildwood	50,000	5.0	1.0338	14.6
Anandale	52,000	4.8	1.032	13.8
Fairview	60,000	5.0	1.032	14.2

MILK TEST FOR WHOLESALE DAIRIES, FEBRUARY 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Chas. Wilson	11,000	4.2	1.032	13.2
Carter Bros	15,000	4.0	1.032	12.8
W. A. Swain	29,000	4.2	1.033	13.4
Scarborough	29,000	5.2	1.033	14.8
Chas. Carson	30,000	4.2	1.032	13.2
Elmer Carter	30,000	4.8	1.0325	14.1
Sam Griffin	31,000	4.4	1.030	12.9
Garrison Bros	31,000	4.2	1.033	13.5
H. L. Ray	32,000	5.2	1.0335	14.7
Baird Cove	35,000	5.4	1.0325	14.6
J. O. Baird	38,000	5.2	1.0315	14.4
J. V. Baird	40,000	4.8	1.0305	13.5
W. A. Baird	40,000	4.8	1.030	13.4
D. Calloway	50,000	4.2	1.032	13.2
Hunnsucker	50,000	4.2	1.0296	12.7
Stony Knob	50,000	3.6	1.030	12.0
Hill Farm	55,000	4.8	1.032	14.4

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.**

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 49 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894 | Apr. 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool, alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

BOARD OF HEALTH

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. C. V. REYNOLDS. DR. E. B. GLENN.
DR. W. L. DUNN. DR. A. W. CALLOWAY.

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS

C. V. REYNOLDS, M. D., Health Officer, Phones: Residence, 174; Office 15.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL, Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

Population { White - 15,000 / Colored - 5,000 } **20,000**

WORDS OF APPRECIATION

As Health Officer of Asheville I desire to publicly express my sincere appreciation of the many valuable health articles appearing in the Asheville Daily Citizen and the Gazette-News. The Health Department is indeed proud of their support and I would add that should the individual take as much interest in his part of the work as the above contributors have spent in thought and energy and forcibly presenting the advanced views in the prevention of disease and the preservation of health, Asheville would be doubly proud. Many of our citizens are working hard in the fight against disease and we know who you are. Others are only doing it under fear of the law—we know who you are. Still others are only doing it under the lash of the law—we know who you are. To which class do you belong? To belong to the class of citizens who realize the value of the prevention of disease and who work with us, Asheville is proud of you. To belong to the class who work only under fear of the law, we are glad you have a fear. To belong to the class who work only under the lash of law, Asheville feels disgraced.

Why not look at this question of sanitation as *self-preservation?* Why should you deprive yourself of health when you refuse to deny yourself of anything else? You would be insulted should your visitor insinuate or intimate that you are unsanitary, and you would feel unsanitary should stable refuse be left in the kitchen. What if it is left in the flight of the fly? Think well, dear friend, for one is as dangerous as the other. One is as unsanitary as the other. The only difference is a few feet—winged feet at that. It is not that you do not know this danger, but you have not given it careful thought. Help us to help you.

C. V. REYNOLDS, M.D.

HEALTH DEPARTMENT NOTES

Last month a few of the dairies' bacterial count crept up to the *attention mark*. They were promptly notified, the error corrected and at this time the score is such that we are proud of them.

Is this preventive work worth while?

The dairymen are watching each others' bacterial count as scored in the Health Department. Are you watching the scores in the Bulletin?

Is this preventive work a source of information and interest to you? You are drinking milk from cows free from tuberculosis and your child will not have bone or glandular tuberculosis.

Is this preventive work worth anything to you? Have you had your cow tuberculin tested? Every cow should be tested and your cow may give your child bovine tuberculosis.

Is this information worth anything to you?

The bacterial examination of Ashe-

ville's water supply shows that it is the finest of water and protects you from typhoid fever and other intestinal diseases. Drink it, and plenty of it, and it will do you good. Asheville's water has done a chieftain's part in the prevention of disease.

Was it an economical expenditure of the peoples' money?

By the way—a cold sponge and shower will do you good. It is strengthening, invigorating and will protect you against colds, and colds are the fore-runners of pneumonia. Pneumonia caused our highest death rate last year. A cold sponge followed by a good friction rub every morning will make you less liable to colds and pneumonia. *Prevention is greater than cure.*

Is this information worth anything to you? Our death rate from pneumonia next year will tell. You may not be here, but your record will.

Last month we were glad to report that Asheville was free from contagious and infectious diseases. We are prouder yet that this month we have the same statement to make.

What other city of 20,000 population can make the same report?

Asheville is cleaner than ever before in her history, thanks to the co-operation of her citizens. There are some who are yet indifferent and most everyone knows who you are! Why placard your premises with such indifferent civic pride? Remaining in this condition a few days longer and you will receive a letter from the Health Department, and if the rubbish is not then removed, you may embarrass us by forcing us to embarrass you.

As long as we have charge of the Health Department you will be requested first to do your duty toward yourself and your neighbor, but later you may expect to be embarrassed for the Health Department will not be embarrassed by you.

Co-operate with us for we are your friends. Consider us as such, working hard for your protection in this great fight against disease. Can't you see we are working for *you?*

Are you receiving your bread wrapped? If not, please inform the Health Department. Telephone 152. Or, are you satisfied to eat bread that is delivered to you in an unsanitary condition?

OSLER'S CHALLENGE

Sir William Osler, writing in the American Magazine, throws down the following challenge to the anti-vaccinationists:

"A great deal of literature has been distributed, casting discredit upon the value of vaccination in the prevention of smallpox. I do not see how anyone who has gone through epidemics, as I have, or who is familiar with the history of the subject, and who has any capacity left for clear judgement, can doubt its value. Some months ago I was twitted by the editor of the Journal of Anti-Vaccination League for 'a curious silence' on this subject. I would like to issue a Mount-Carmel-like challenge to any ten unvaccinated priests of Baal. I will go into the next severe epidemic with ten selected vaccinated persons and ten selected unvaccinated persons—I should prefer to choose the latter—three members of Parliament, three anti-vaccination doctors, if they could be found, and four anti-vaccination propagandists. And I will make this promise—neither to jeer nor jibe when they catch the disease, but to look after them like brothers, and for the four or five that are certain to die, I will try to arrange the funerals with all the pomp and ceremony of an anti-vaccination demonstration."

March 9, 1915.

Dr. Carroll Fox, Surgeon
United States Public Health Service,
Washington, D.C.
Dear Sir:

In Public Health Reports of Feb. 5,

1915, Volume 30, page 371, there was an article on Public Health Administration in Washington which I have read with a great deal of interest. I note that you say that "the system of administration in the State Board of Health in Washington is one which closely approaches the ideal."

On page 385, under Special Regulations, applying specifically to smallpox, I would like to know whether you do or do not advocate their method of control in detail?

Have you any data of recent date you can give me in regard to the experiments in various States allowing no compulsory quarantine, no compulsory vaccination, etc.?

Awaiting an early reply, I am,

Yours very truly,

C. V. REYNOLDS.

TREASURY DEPARTMENT
UNITED STATES
PUBLIC HEALTH SERVICE

March
Thirteenth
1915

Dr. C. V. Reynolds,
Health Officer,
Asheville, N.C.
Dear Sir:—

Your letter of March 9th arrived, and would state that I believe the method provided for by the regulations of the State Board of Health of Washington can be safely approved as applying modern methods to the control of smallpox. I think all health departments make a strenuous effort to control smallpox by isolation of the patient, thereby removing the focus of infection, and by vaccination of the contacts, only resorting to quarantine of contacts when they refuse vaccination; such contacts to remain under some sort of observation until it has taken, and if not successful, a revaccination to be made. By observation, however, is not meant a quarantine of the contact.

Boards of Health are sometimes handicapped in that the law does not permit the health officer to exclude children from school if they refuse vaccination, unless smallpox is epidemic, and not infrequently the question whether school children can be required to be vaccinated is left to the board of education. I do not know of any state or city which has arbitrarily abolished quarantine and vaccination in smallpox, although I know there are some health officers who believe that if the contact wishes to risk getting smallpox, there is not much use of bothering with him. This is hardly fair to the community, however, for a health officer is not considering the individual's health and happiness, but must always consider the health and happiness of the individual's neighbors, meaning the community.

Yours truly,

CARROLL FOX,
Surgeon.

"THE TRAGEDY OF VACATION TYPHOID"

Most of our summer resorts have grown up in a haphazard way so far as sanitation is concerned. Many summer resorts, while attractive looking, are really no better than primitive camps or boom cities. There is often an utter disregard to the elementary principles of preventive medicine. Frequently there is no organized health department whatever; no systematic disposal of sewage; bathing beaches are often visibly polluted; the fly menace and mosquito danger are not checked; nuisances are permitted without abatement; no supervision is exercised over the water supplies; and no surveillance is maintained over the milk and other food supplies. Under these circumstances, health resorts become death resorts.

The principal business of a vacation playground is carefully to safeguard the health of the strangers within its gates. There is only one known way in which

this can be done, and that is through a well-organized health department, properly supported. Health resorts can no longer trust to climate, charm of location, beautiful scenery, and luck for a good health record. Most of our health resorts need a sanitary house-cleaning. In order to do this effectively, it requires a full time health officer, qualified and trained for such work. After a place is put in good sanitary condition, it needs constant supervision and expert care to maintain a good health record. It is the duty of the State Board of Health to instruct the people to demand a clean bill of health from a summer resort before going there; and it is the duty of the state board of health, on the other hand, to impress upon the summer resort the importance of placing its house in order.

In the March issue of the American Journal of Public Health, a report is published by Professor Councilman and his colleagues showing the way York, Maine, met its obligations in this regard. This report is published because it appears to be a model of its kind. Typhoid fever prevailed last year at York. Instead of hushing up or trying to hide the facts, the authorities of the town realized that the best way to meet any danger was to face it in the open. A sanitary survey was made, and one of the chief recommendations was that York needed a full time health officer. William Eustis Brown, a graduate of the School for Health Officers of Harvard Technology, was given the position, and the town appropriated $2,500.00 a year, which is approximately $1.00 per capita, a larger sum than is spent directly for health by any other American community.

Other health resorts will find it to their interest to adopt the policy of "safety first" for the people are weary and the stigma of typhoid fever, or a bad health record, will greatly injure the summer business of any health resort. Public health is purchaseable; the price is moderate; the tragedy of vacation typhoid must cease.

Asheville is proud of the fact that she safeguards her people and her visitors as is so well outlined in the above article.

SORE THROAT

Take no chances with a sore throat. Call in the doctor—it may be diphtheria.

If your child has a sore throat *be sure to call in the doctor*. Only a doctor can decide whether or not the case is one of diphtheria. If the doctor says that *antitoxin* should be used, see that this is done; it may save the child's life. In the days before we had antitoxin, one out of three children who had diphtheria died. Now, if antitoxin is used on the first or second day of the disease, ninety-eight out of every hundred children recover. The sooner diphtheria is attended to, the more certain is a cure.

A child should not be allowed to get out of bed until the doctor permits.

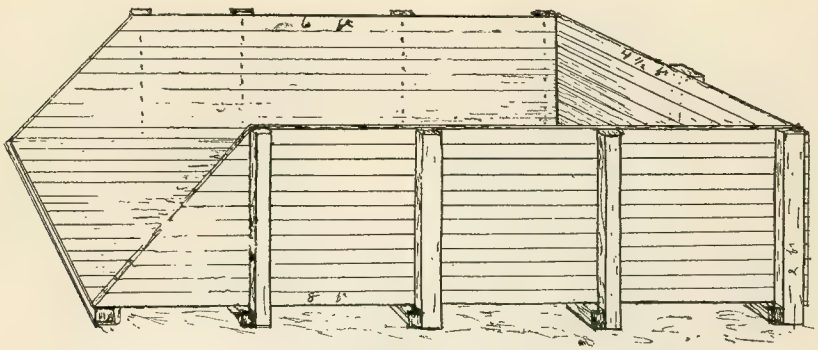
Diphtheria may affect the heart if the child gets up too soon.

Do these things and you will protect your own and other people's children.

There has not been a case of diphtheria in Asheville yet this year, but sore throats are likely to be dangerous—be sure to call in the doctor.

WETTING THE FINGERS

I desire to call attention through the medium of your columns to a loathful practice of the frequenters of the reading rooms of the Public Library. I refer to the disgusting habit of wetting the fingers in order to turn the leaves of a book. This not only has the immediate result of soiling the books, but also the ultimate effect of spreading all forms of disease. This may seem a trifling matter, but I believe many cases of sickness might be traced to this cource. Notices prohibiting the practice should be posted in all libraries as conspicuously as those prohibiting spitting.—*Richard S. Wormser in N. Y. Times.*



MANURE BINS

Facts about fly-breeding to be remembered when preparing for the summer.

1. Flies will lay their eggs in fresh manure and all manure in the stable must be considered fly-infected when put into the bin.

2. After growing as maggots for five or six days, they will, if possible, burrow into the earth under the manure to pupate.

3. When the new fly first breaks his pupa covering and crawls out, it is able to and will crawl through a fine crack to get to light and air.

Therefore, the essential features of a bin are:

1. A water and maggot-tight floor.

2. A construction that will permit easy and thorough cleaning.

Dimensions—8 ft. long, 4½ ft. wide, 2 ft. deep.

Materials—Tongue and grooved flooring laid on 2 by 4 scantling. All bracing to be on the *outside*, leaving the *inside* smooth and free from cleets that will prevent perfect cleaning.

No cover is required—but the bin should be protected from rain.

One end should be left open to make cleaning easier.

A coating of coal tar paint will add materially to the life of such a bin, but any wooden bin can only be considered a temporary arrangement, for experience has shown that one season is the limit of usefulness for a wooden bin.

A concrete bin is the only kind that will last.

The maggots in the manure bin one week will be the flies in the kitchen next week if given a living chance.

Flies keep up a continuous performance in the breeding line, and like time and tide, wait for no man—eternal vigilence is the price of liberty—from their attentions.

Fly eggs hatch as minute maggots in about twenty-four hours. The maggots grow to full size in about six days—this is the time to kill by the thousands. Clean out the manure or poison with borax or paris green on the fresh food (manure).

They pass the next stage as pupa—dormant.

About the tenth day they break the pupa cases and are full-fledged flies—scatter themselves broadcast, and may be killed with a swatter, trapped or poisoned—a slow process compared to the ease of killing the maggot.

SCOUTS WILL HELP BETTERMENT LEAGUE

Troop No. 1, Boy Scouts of America, met last night at the home of Scout Rae McCormick, 319 Merrimon avenue. The meeting was well attended and enthusiastic. Rev. Wyatt Brown, rector of Trinity Episcopal church, made an address on "Hands." He told the scouts that they could help a great deal in making this city a more beautiful place.

Scoutmaster J. Brainerd Thrall announced that the members of the troop would meet a half hour earlier next week in order that they could be divided into groups of five with a captain for each group preparatory to aiding the Civic Betterment league in the clean-up campaign. The different groups, he said, will begin April 20 scouting expeditions over the city and report to clean-up headquarters all unsightly or unsanitary spots in the city.

Scoutmaster Thrall also announced that the following men have agreed to serve as a troop committee in an advisory capacity, the men being chosen as representatives of the different professional classes of the city: Public schools, Superintendent Harry Howell and M. K. Webber; clergy, Rev. Wyatt Brown; business men, N. Buckner; private schools, J. M. Roberts.

STEAM DISINFECTION FOR SEWAGE ON COMMON CARRIERS

Live steam for sewage disinfection is employed in a device suggested by Prof. E. B. Phelps, and designed by Leslie G. Frank, both of the United States Public Health Service. The apparatus described by Mr. Frank in the January 1st issue of the Public Health Reports.

"The device is for use on railway coaches which pass over water sheds, and on vessels which according to findings of the International Joint Commission have been responsible in large measure for the pollution of the great lakes near the intakes of municipal water supplies."

The apparatus consists of a tight insulated tank having influent and effluent pipes for the sewage and an influent live steam pipe. The steam pipe is fitted with valve operated by a float which rises and falls with the level of the sewage in the tank. The heights at which this steam is turned on and off may be easily predetermined.

Mechanically and bacterially the efficiency of the process is practically 100 per cent. The cost of installation is not known; of the apparatus alone it will be about $15.00 to $20.00 per railway coach. The cost of operation per tank per coach per day is estimated at 1½ cents.

CHICAGO STREET CAR INVESTIGATION

A series of investigations on the street cars and elevated trains of Chicago have been made by the Department of Health of that city. Upon securing an amendment of the city ordinances relating to the control of the heating and ventilating conditions of elevated trains, air samples were taken in 220 cars and it was found that in 150 of these cars, the presence of carbon dioxide was far in excess of the standard set by the ordinances. Action is to be taken in regard to these violations.

The failures to operate ventilating fans when the conditions need it, have been enormous—over 1,000 reports of failure accumulating in a short time.

Bacteriological examinations of straps used by standing passengers in street cars were made. A large number of bacteria were present, but, except in isolated circumstances, they were of little sanitary significence. A comparison was made between the number of bacteria found on leather and celluloid straps. The average number of colonies on blood serum plates showed 14 from the celluloid straps and 136.6 from the leather straps.

SANITARY SCORE CARD

Issued by the Civic League

Asheville, N.C.,_____191___

FIRM_____

LOCATION_____

BUSINESS_____

				SCORE
GENERAL SURROUNDINGS:				
Clean 5	Fairly Clean 3	Dirty 0	Perfect 5	_____
VENTILATION:				
Good 3	Fair 1	Bad 0	Perfect 3	_____
LIGHTING:				
Good 3	Fair 1	Bad 0	Perfect 3	_____
WALLS, WINDOWS AND CEILING:				
Clean 3	Fairly Clean 1	Dirty 0	Perfect 3	_____
FLOORS AND FIXTURES:				
Clean 3	Fairly Clean 1	Dirty 0	Perfect 3	_____
BLOCKS, COUNTERS, ETC.:				
Clean 5	Fairly Clean 3	Dirty 0	Perfect 5	_____
UTENSILS, INSTRUMENTS AND TOOLS:				
Clean 5	Fairly Clean 3	Dirty 0	Perfect 5	_____
REFRIGERATION:				
Adequate 5	Inadequate 2	No Refrigeration 0	Perfect 5	_____
REFRIGERATORS:				
Clean 5	Fair 3	Dirty 0	Perfect 5	_____
*SEWAGE ARRANGEMENT:				
Sanitary 3	Unsanitary 0	Perfect 2		_____
PLUMBING:				
Open 3	Closed 0	Perfect 3		_____
CELLAR FLOORS, WALLS, WINDOWS, CEILING:				
Clean 4	Fairly Clean 2	Dirty 0	Perfect 4	_____
CELLAR VENTILATION:				
Good 1	Bad 0	Perfect 1		_____
EMPLOYEES:				
Healthy and apparently free from contagious disease 5				_____
Cleanly in habits 5				_____
Wear clean clothing 5				_____
Store unconnected by door with living room 10				_____
Store above street level 5				_____
Store in basement 0				
Food, meat, etc., after received, kept in cleanly manner 5				_____
Food, meat, etc., not exposed to air 7				_____
Door and window screens in summer 3				_____
Delivery of goods (whether by individual or wagon) conducted in cleanly manner 7				_____
			Grand Total 100	_____

*NOTE—(Under "Sewage") by sanitary condition is meant a condition which conforms to local health regulations.

SCORED BY_____

REMARKS_____

_____

MILKTEST FOR RETAIL DAIRIES, MARCH, 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore, certified	1,000	5.6	1.034	15.2
Oak Grove	6,000	4.8	1.036	14.8
Violet	8,000	5.0	1.032	14.2
Biltmore	9,000	5.2	1.032	14.5
Melrose	9,000	4.2	1.035	13.8
Laurel Springs	11,000	4.8	1.035	14.6
Mountain Range	11,000	5.0	1.035	14.8
Fenner Farm	12,000	4.8	1.034	14.5
Middlebrook	12,000	5.4	1.035	15.5
White Pine	12,000	4.4	1.031	13.2
Sunset	18,000	5.2	1.033	14.4
Dryman Mountain	18,000	5.2	1.034	14.4
Burnsville Hill	22,000	4.8	1.036	14.6
Sevier	25,000	5.0	1.029	13.4
Oak Springs	26,000	5.2	1.034	14.8
Locust Grove	30,000	5.0	1.032	14.4
Fairview	30,000	5.0	1.032	14.2
Forest Hill	40,000	4.8	1.029	13.4
Valley Farm	40,000	5.2	1.030	13.8
Wildwood	45,000	5.0	1.033	14.4
Pleasant Hill	45,000	4.8	1.030	13.4
Anandale	50,000	4.6	1.032	13.8
Emma Farm	69,000	4.0	1.029	12.4
Montford	90,000	4.4	1.035	14.6

MILK TEST FOR WHOLESALE DAIRIES, MARCH, 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
J. O. Baird	12,000	4.0	1.032	12.9
Chas. Wilson	13,000	4.6	1.032	14.6
Elmer Carter	17,000	4.8	1.034	14.4
Baird Cove	20,000	5.2	1.029	13.5
Woodbury	20,000	5.2	1.032	14.2
Gaither Hill Farm	22,000	5.2	1.034	14.8
Charlie Carson	29,000	5.2	1.034	14.5
Stony Knob	31,000	4.4	1.034	13.9
Garrison Bros	32,000	3.6	1.032	12.5
H. L. Ray	45,000	4.0	1.035	13.5
W. A. Swain	45,000	4.6	1.032	14.4
W. A. Baird	50,000	4.4	1.032	13.4
Carter Bros	51,000	4.2	1.033	13.4
Hunsucker	51,000	4.8	1.029	13.2
Wm. Scarborough	83,000	4.6	1.036	14.8
D. Calloway	84,000	4.4	1.032	13.4
Sam Griffin	150,000	4.0	1.034	13.5

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

*Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (legal minimum 11.75) indicate the chemical composition of the milk Samples below standard would indicate adulteration.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	92	95	94
Railroad Restaurant	94	94	94
Crystal Cafetarian	90	86	92
Woman's Exchange	91	91	91
Broughton's Cafe	92	84	90
New York Cafe	90	90	90
Baltimore Cafe	91	88	89
Savoy Cafe	86	89	88
Crystal Dairy Lunch	80	89	86
Central Cafe	82	85	84
Rea Cafe	90	78	82
Highland Cafe	75	89	81
California Lunch Room	78	75	76
Home Cafe	75	77	76
Silver Moon	84	72	76
United States Cafe	73	70	71
Bryson's Restaurant	66	60	62
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
John Dugal	55	55	55
Farmers Ready Lunch	55	55	55
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Y.M.I. Restaurant	53	58	57
Williams Restaurant	50	50	50
Pearson's Quick Lunch	47	47	47

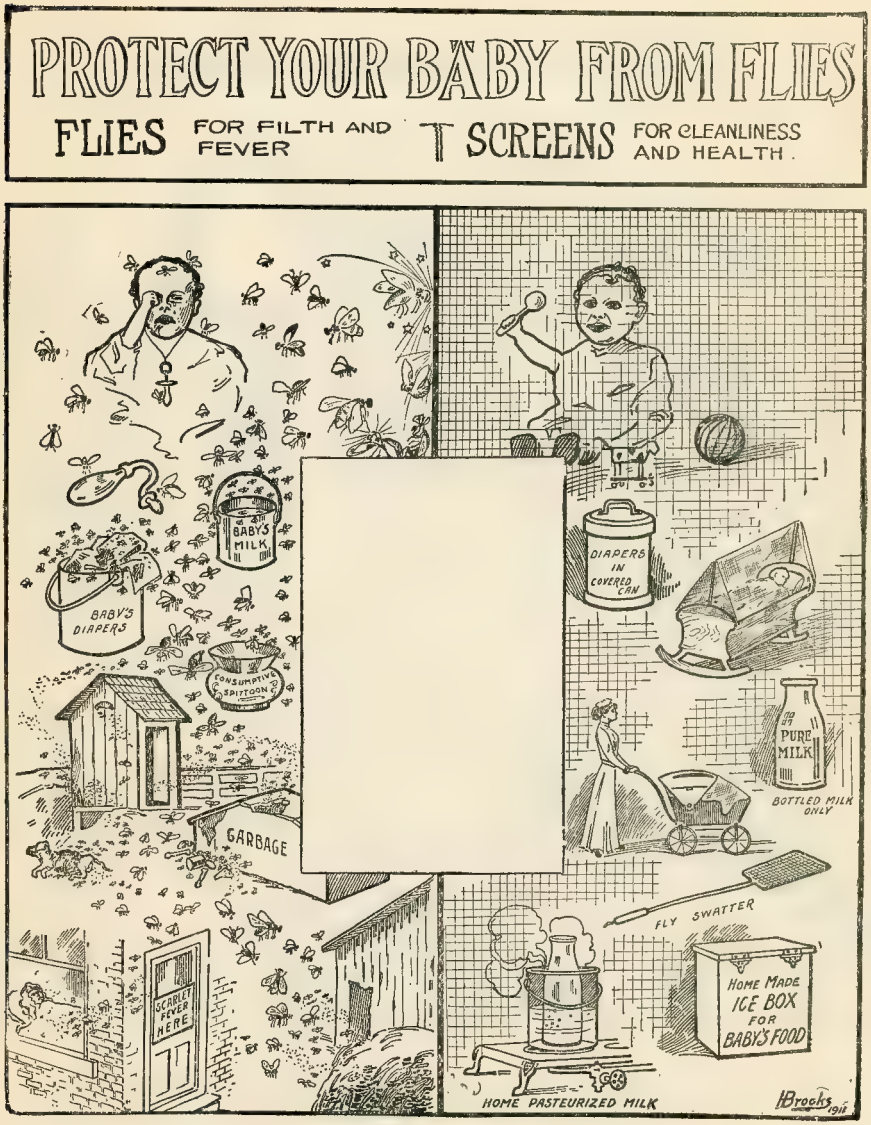
POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.
ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.
PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.
EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.
WATER FOR CLEANING 20—Hot 15, Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.
EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.
FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.
GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

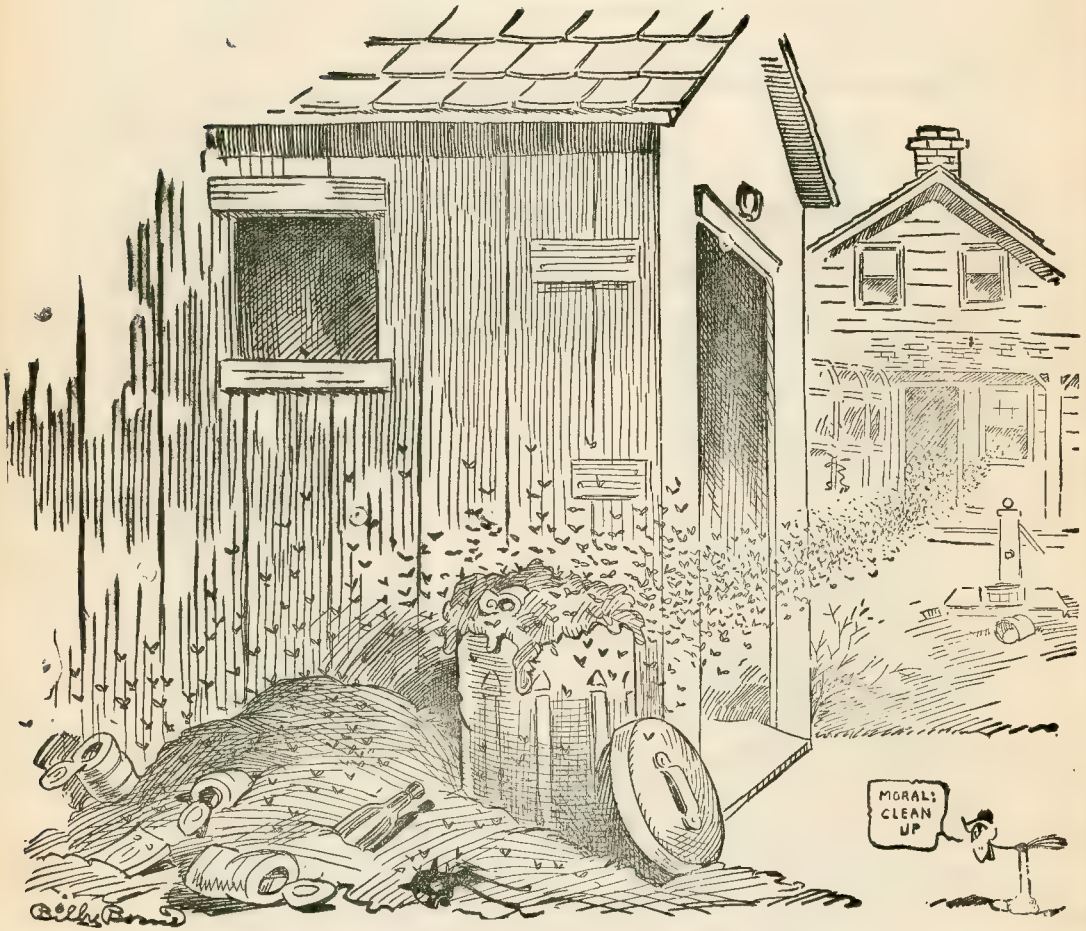
Score for Equipment.....; multiplied by 1..... .....
Score for Methods.....; multiplied by 2..... .....
Total to be divided by 3..... .....
Final Score..... .....
REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....
.....

Clean Up and Keep Clean Back Yard, Stables, as well as Kitchen and Parlor



Clean Up and Keep Clean, Public Co-operation

A Story Without Words



Clean Up and Keep Clean or the Flies will Get You

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 50 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. May 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool; alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

BOARD OF HEALTH

MAYOR J. E. RANKIN, Chairman.
B. M. LEE, City Engineer.
C. W. BROWN, Chairman Finance Committee, B. of A.
W. R. PATTERSON, Chairman Sanitary Committee, B. of A.
DR. C. V. REYNOLDS. DR. E. B. GLENN.
DR. W L. DUNN. DR. A. W. CALLOWAY.

SANITARY COMMITTEE BOARD OF ALDERMEN

W. R. PATTERSON, Chairman.
R. L. FRANCIS. C. W. BROWN.

EXECUTIVE OFFICERS

C. V. REYNOLDS, M. D., Health Officer, Phones: Residence, 174; Office 15.
W. H. BIRD, Sanitary Inspector, Phones: Residence, 374; Office, 152; Stable, 294.
L. M. MCCORMICK, Meat and Milk Inspector, Chemist and Bacteriologist, Phone 152.
ERNEST ISRAEL. Sewer and Plumbing Inspector.
W. FRANCIS, Water Superintendent.

Population { White - 15,000 / Colored - 5,000 } **20,000**

IN BEHALF OF THE COLORED PEOPLE

There are 20,000 inhabitants in the city of Asheville, excluding the floating population.

Of this number more than 5,000 are colored people. It is in the interest of these colored people that this Bulletin is issued and if I can make it plain to them that it is within their power and should be their privilege to lower their exceedingly high death rate, the time will be well spent and a true service will have been rendered toward a deserving race.

The death rate from all causes, white and colored, last year, was 16.4 in 1,000. The white death rate was 13.3 in 1,000 or eight-tenths less than the average in the United States. The colored death rate was 25.6 in 1,000 or 11.5 per 1,000 more than the average in the United States. 11.5 in 1,000 more colored people than white died in Asheville, or in other words, about 58 colored people died in Asheville last year who would be living today, if the colored race had been as careful to guard their health as are the whites.

TYPHOID FEVER

In North Carolina the average death rate was 52.5 per 100,000 for whites and 86.6 per 100,000 for colored.

There were no deaths among the white race in Asheville last year. Average in the United States being 16.5 in 100,000. There was one colored death or 20.0 in 100,000. This local death was caused through ignorance or carelessness in nursing an imported case of typhoid fever. There was no excuse for this loss of life if this case had had proper instructions in regard to the care of secretions (stools, urine), and the importance of washing the hands after waiting on the patient.

DIPHTHERIA

In North Carolina the average was 12.2 per 100,000 for whites and 18.6 per 100,000 for colored.

This excess of deaths was not due to failure in quarantine regulations, for there was no more than one case in any single house and no transferring of the contagion as far as we could ascertain from one house to another. It must then have been due to delay in calling the doctor and consequently delay in administering diphtheretic antitoxin.

Any sore throat is suspicious and you should call a doctor who will secure a swab from the throat from which can be

positively determined whether the case in question is suffering from simple sore throat or diphtheria.

TUBERCULOSIS

In North Carolina 185.6 per 100,000 of the whites died from tuberculosis and 306.6 of the colored people.

Statistics prove that the colored people die more frequently than the white when attacked with consumption, so it certainly behooves you to be exceedingly careful.

Do not wash clothes for those suffering with a cough unless you boil the clothes before handling them.

Do not spit, or allow anybody to spit, on your floors or walks. Remember, tuberculosis germs are gotten from the expectoration.

If you have a cough, hold something before your mouth, while in the act of coughing.

If you have consumption, use a sputum cup and burn cup and contents.

Keep your house clean—sleep with your windows up. Remember that fresh air, sunshine and good food will prevent as well as aid in the arrestment of tuberculosis.

If the colored people would bear these points in mind and insist upon carrying out these important details, less tuberculosis would be among your race, and the early cases would be recognized and it is the opinion of the writer that the death rate from those attacked with tuberculosis would be much less.

PNEUMONIA

The percentage of death from pneumonia among colored people is about four times that of the whites.

The death rate from pneumonia in the white as well as the colored is ridiculously high, but in the colored it is extremely high and to account for it is difficult, but a few points will aid you in its prevention.

Did you ever stop to think that it takes you only two minutes to catch your death of cold—pneumonia? Remember, when you are in a hot kitchen, school room, laundry or ditch, the pores of your skin are wide open, your body is covered with warm perspiration—to go out suddenly into the cold, unprotected by wraps, is one of the causes.

When you have a cold, a day or two in bed under cover will ward off pneumonia and save you loss of time, doctor's bill and possibly a visit from the undertaker.

You may say with certainty, "Early to bed and early to rise" aids you to remain healthy, increases your chances to be wealthy, and proves that you have been wise.

A cold sponge in the morning with a good friction rub with a flesh towel afterwards is a good protection against colds—pneumonia. A cold sponge drives the blood into the internal organs and nourishes, stimulates and whips them into action, stimulates and tones up the nervous system, and the friction will stimulate the skin and cause a reaction which increases the entire body tone and resistance. In chests very susceptible to congestion in cases of tuberculosis, I have often caused a permanent arrestment by this simple process.

SMALLPOX

There were no deaths and no resident cases in the white or colored population. Just here I desire to praise the colored

residents in their readiness to accept protection through vaccination over the white residents, who should appreciate more readily the importance of vaccination as a protection against smallpox.

HIGH DEATH RATE DUE TO YOUR COLOR?

Now, it is a fact that statistics will prove to you that your death rate is very high and has grown higher every year, but it does not show that this death rate is due to your color. No thinking man will admit that.

The ante-bellum darkies are fast passing away, but there is yet time for you to learn a lesson from them which will serve you well and cause you to teach your children that health is purchaseable, and that they are recklessly throwing it away.

Before the war, in slave times, the invalid darkey was of no value—indeed he or she was a handicap and it behooved the slave owner to see that his slaves maintained regular habits. No excesses were allowed or tolerated, either in eating, drinking, sleeping or riotous living. Prevention of disease was practiced. It was an economic problem and the result was no more sickness in the colored race than the white.

CAUSE OF THE HIGH DEATH RATE

There is a large death rate among indigent whites as well as colored people, and there is a cause—what is it? And what is the remedy?

1. It is a lack of sanitary education.

2. Immorality, which is largely due to lack of education.

3. Excesses in all things due to association, environment and habit.

REMEDY

One word will solve the problem. That word is "education."

HOW TO EDUCATE

Organize among yourselves a Colored Woman's Club; a Civic League; Sanitary Boy Scouts, and hold regular meetings. Let the mothers visit the schools and see if they can't encourage better playgrounds. Visit with the childrens' mothers and see if you can't get the colored doctors to examine the colored school children for eye, ear, nose and throat trouble.

The white mothers' club has accomplished much by this process.

Why can't you do something for your people?

Organize a Civic League, visit among your people and encourage less crowding in one room—more fresh air and sunshine in the homes; fly screens to the windows and doors; grass, flowers and trees in your yards.

There are a great many of you who own your own homes, (and many more could if you would learn the value of a dollar and how to save it), and who knows better how to plant a tree, sow grass and grow flowers than you?

You live, that is most of you, in a section which is naturally one of the prettiest locations in the city and what does it look like? A red bank, almost a barren waste, and could be made one of Asheville's beauty-spots if you would only organize and go to work for the good of each other. Home, then, will be beautiful; home will be interesting; home will be attractive; home will be enjoyable, and

home will cause you to lose your unnatural desire for roaming, which leads you into trouble and disgrace.

Think well of the few points I have put before you for your consideration—act upon them and this time next year you will have a record of less sickness, sorrow and death. You will be enjoying your homes—you will be rendering a real service to the present generation and the originator of a great reform.

Who will start it?

Let me hear from you and if we can help you organize it will be a pleasure.

EXAMPLE

Catholic Hill and a large territory of adjoining land commands one of the most attractive locations in the city. The topography is excellent; the drainage is excellent; the twining roads lend to the placing of houses in most advantageous places. The view is beautiful from most any point—then why not take advantage of your opportunity? It appears now to be a red bank upon which are placed cheap cottages, unattractive and poorly kept.

The Ladies' Home Journal and Country Life will show you that these homes can be cheaply made so attractive that the more pretentious home owners will look upon them with envy. What a difference if you would plant white pine trees, for the effect of living beauty the year around, and dogwood, crab apple and juniper to burst forth early in the spring, signalling the joyous spring and encouraging you to plant grass, flowers and shrubs on your lawns, bank roses and honeysuckle to cover up red banks and form a beautiful mat for the foliage above.

Who will start such a movement?

What a transformation!

EXPENSE

Again, such changes would not be expensive, for white pine trees, crab apple, dogwood, honeysuckle and bank rose cuttings can be had for the asking and what could be more beautiful if purchase money were plentiful?

The colored people could be quickly aroused to self-preservation through sanitation should the ministers from the pulpits and during their visits to the homes of their members, encourage sanitation, home improvement and civic pride. The colored doctor would be a great aid in the prevention of disease and I am sure if he would receive the support desired from the ministers, school teachers and social workers, and through his efforts much progress is sure to come.

Show the white people that you have an interest in your own health, and your neighbor's health, and that you have civic pride, and pride in your own home, by beautifying it, and to your neighbors you will be an example.

Then come before the city fathers and ask for a park, a bathing pool. Prove to them that you do appreciate health measures and they will meet your request.

Is this not worth while?

Is this not worth working for?

Have I wasted my time in placing this matter of self-preservation before you?

Time will tell and everybody in Asheville will see the result.

Do not disappoint us and I am sure we will not disappoint you.

A HORRIBLE HABIT

A horrible habit from any standpoint is that of going to bed with your clothing on—some just as they were seen last on the street, others having removed a few outer garments—a great many never removing their underclothing.

Often I have heard the expression, "Why, doctor, you can't get to that child's skin; he has been sewed up for the winter." A disgrace to any form of humanity and especially so in a civilized, Christian country. How can anyone be healthy when leading such a life of paganism?

Did you ever stop to think that the skin has a very important function—that of throwing off waste products and that if too much of the skin functions are interfered with, death will result?

To go to bed with the underclothing worn during the day, filled with the poisonous secretions thrown off during the day by the skin, interferes with the skin function and is decidedly unhealthy, unsanitary and an extremely filthy habit.

The clothing can take up only a certain amount of moisture after which it leaves the skin damp by preventing proper skin evaporation and if you are hot, it makes you very hot, and if cold it makes you very cold, and this condition makes you very susceptible to cold which is conducive to many forms of disease.

A change of clothing then is quite essential to health. Clothes—as well as the body—need fresh air, sunshine and water. A change of clothing is economical—it rests the body as a change of shoes rests the feet.

Did you know that two pairs of shoes changed frequently will outwear three pairs worn successively? Ask the shoe man.

How many of you come in from your day's labor and change your outer garments and never think of your dirty underwear, saturated with the "sweat" of the day?

How much it would have meant for your personal comfort, health and the comfort of those around you, had you changed the underclothing and continued to wear the outer garments.

Try this for one week and be sure and hang the clothing worn during the day where it can get ventilation and fresh air and you will be repaid from the standpoint of health, disposition and friendship.

The white people as well as the colored could get a lesson here.

If God in His infinite wisdom had not made an almost indestructible machine when He made man, the human race would have been, ere this, extinct from abuse of His laws.

RESTAURANTS

The colored restaurants are a disgrace to the city of Asheville—and it is high time that the patrons insist upon immediate improvement—if you do not act immediately, the Health Department will be forced to deprive you of the convenience of securing quick lunches.

Why should you eat in such places?

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	92	95	94
Railroad Restaurant	94	94	94
Woman's Exchange	93	93	93
Crystal Cafetarian	90	86	92
Broughton's Cafe	92	84	90
New York Cafe	90	90	90
Baltimore Cafe	91	88	89
Savoy Cafe	86	89	88
Crystal Dairy Lunch	80	89	86
Central Cafe	94	87	86
Rea Cafe	90	78	82
Highland Cafe	75	89	81
California Lunch Room	78	75	76
Home Cafe	75	77	76
Silver Moon	84	72	76
United States Cafe	73	70	71
Bryson's Restaurant	66	60	62
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
John Dugal	55	55	55
Farmers Ready Lunch	55	55	55
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Y.M.I. Restaurant (colored)	53	58	57
Williams' Restaurant (colored)	50	50	50
Pearson's Quick Lunch (colored)	47	47	47

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15, Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... ----------

Score for Methods.....; multiplied by 2..... ----------

Total to be divided by 3..... ----------

Final Score..... ----------

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

MILK TEST FOR RETAIL DAIRIES, APRIL, 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore (certified)	6,500	5.6	1.030	14.2
Biltmore	10,000	6.0	1.032	14.8
Oak Grove	13,000	4.0	1.032	13.0
Fenner Farm	13,000	4.6	1.032	13.8
Sunset	14,000	5.0	1.032	14.2
Middlebrook	15,000	4.8	1.032	13.8
Sevier	15,000	4.8	1.032	13.8
Violet	16,000	6.0	1.030	14.8
Dryman Mountain	17,000	5.2	1.030	14.2
Wildwood	18,000	5.0	1.032	14.2
Hazel Green	20,000	4.8	1.030	13.6
Fairview	20,000	5.0	1.032	14.4
Laurel Springs	22,000	4.4	1.030	12.8
Melrose	25,000	4'2	1.029	12.6
Locust Grove	25,000	4.8	1.029	13.2
Emma Farm	28,000	4.0	1.026	11.5
Mountain Range	30,000	4.0	1.030	12.8
Burnsville Hill	32,000	4.2	1.030	12.8
Anandale	45,000	4.8	1.029	13.2
Pleasant Hill	50,000	4.8	1.030	13.4
Oak Springs	50,000	4.0	1.032	13.0
Montford	100,000	4.2	1.032	13.2

MILK TEST FOR WHOLESALE DAIRIES, APRIL, 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Chas. Wilson	12,000	4.2	1.028	12.4
Stony Knob	12,000	3.6	1.027	11.2
Carter Bros	15,000	4.6	1.029	13.0
Sam Griffin	18,000	4.2	1.029	12.5
Hill Farm	19,000	5.0	1.032	14.2
W. A. Baird	23,000	4.0	1.031	12.8
Woodbury	25,000	4.6	1.030	13.2
W. A. Swain	26,000	4.2	1.029	12.6
I. V. Baird	27,000	4.6	1.029	13.0
Young & Anderson	33,000	4.0	1.028	12.0
Hunsucker	33,000	4.0	1.031	12.6
Baird's Cove	35,000	4.9	1.029	13.2
Wm. Scarborough	37,000	4.0	1.028	12.0
J. O. Baird	43,000	4.6	1.029	13.0
Garrison Bros	65,000	3.9	1.029	11.8
Charlie Carson	65,000	3.6	1.027	11.2
D. Calloway	65,000	3.9	1.028	11.8
H. L. Ray	85,000	4.0	1.050	12.6
Elmer Carter	100,000	4.8	1.034	14.4
Jeter Greenwood	115,000	4.0	1.028	12.0

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.**

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 51 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N.C., under Act of July 16, 1894. | June 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool; alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B. FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

CITY HEALTH PROBLEMS—ITS UNITY OF PURPOSE

C. V. REYNOLDS

North Carolina has always been stalwart, brave and true to herself and others, sacrificing much to secure her enviable place in life, liberty and happiness, and only awakening now to the realization of the importance of the basic principles of the above element in life, namely, health.

North Carolina has the distinction of winning the first victory for American liberty—she prepared the first instructions for independence by any colony. Next to the last State in the Union to radify the Constitution, though neutral in regard to slavery and reluctant to secede, she was loyal to her sister States, sending 129,000 soldiers, the largest number sent by any State in the Confederacy.

North Carolina has the honor of designing and flying the first Confederate flag. The first man to fall for Confederacy was from a North Carolina regiment. One-fourth of those that fell at Gettysburg were North Carolina men, and her dead were found nearest the enemies' line.

Today she is advancing with rapid strides in agricultural, industrial and educational development. She has advanced greatly in the administration of charities, notably in the care of the insane, deaf, dumb, blind, soldiers' home and tuberculosis sanatorium.

The world is enthusiastically proud of the advancement made in surgery, internal medicine, eye, ear, nose, throat and chest work. In the discovery of the germs of tuberculosis, diphtheria, typhoid fever, tetanus—the diagnosis of meningitis, rabies, hookworm and the causes of malaria and yellow fever ad infanatum, and the means for the arrestment and cure of these diseases.

Vast sums of public monies are being spent in a good, but I will say, a delayed and neglected cause—"you are on the right road but going the wrong way."

Millions can be had for relief, but with great reluctance do we secure funds for prevention.

Remember that "prevention is greater than cure." Digest that thought and demonstrate it to your neighbor.

One Ounce of Prevention is Worth a Pound of Cure

One dollar spent in prevention is certainly worth sixteen in the cure.

Here is where William Jennings Bryan's plank, "sixteen to one," would star.

City Health Problems

I would say that we should have,

First, Unity in Municipal Health Laws.

a. In control of contagious and infectious diseases.

b. In regard to the water, milk, dairy, food, meat, market house, laundry, barber shops, washerwomen, restaurants, boarding houses and yard inspections.

c. In water, sewer and sanitary surface closet connection and installation.

d. In the prompt reporting of irregularities of contagious and communicable diseases, of births, deaths, both local and transferable. (By transferable I mean, tell your neighbor of his errors in order that he may guard against them).

School Inspection

Second, School inspection is of paramount importance and so important it is that it would be impossible to touch upon its merits in such a limited space.

Health Officer

Third, You should have a whole-time Health Officer, preferably an M.D.—the M.D. not representing a man with a title, but a profession full of enthusiasm for earnest work—with the aspiration to rob his confreres of their business—a man with experience and efficiency, especially in regard to the diagnosis of contagious diseases and symptoms leading to the development of preventable diseases.

A part-time health officer is a sinner of omission and not commission. A half loaf is better than none at all, but any city represented here today can have the whole loaf and it is "penny wise and pound foolish" not to avail yourself of the opportunity and realize the economical value of such a man in the prevention of disease.

Don't follow other municipalities—let them follow you.

The city that would win "must keep step with progress."

Fourth, Under the Health Officer, there should be an efficient city bacteriologist, with a well equipped laboratory, and subordinates sufficient to meet the special city demands for efficient work.

Science and experience has offered much toward the eradication of disease.

Smallpox

Jenna, in 1796, through vaccine virus gave us an absolute protection against smallpox, a loathsome, terrorizing, highly contagious disease, which at one time almost completely annihilated entire towns.

In 1774 an epidemic attacked Chester, in England, leaving only seven in every hundred unharmed.

Whole tribes if Indians were wiped out by its malignancy.

In England and Wales in 1853-70, compulsory vaccination was feebly carried out; result, 32/100,000 died. In 1870-90, the vaccination law was enforced; result, 1/100,000 population died.

Vaccination and re-vaccination does prohibit smallpox, yet in 1909, 733; 1910, 428; 1911, 2,484 cases developed.

Speaking of smallpox, let us summarize what happened to Niagara in 1912-14.

During 1912, although they had laws compelling vaccination and control of those infected with smallpox, the health officer at that time did not enforce the law.

The State Commissioner of Health instructed the Health Officer to carry out

the law, but on account of the close proximity of re-election and lack of co-operation of the citizens and the newspapers, nothing was done.

On February 21, 1913, a new health officer was appointed. Soon after his appointment, W. A. Evans of the Chicago Tribune, referred to Niagara as a plague spot.

This statement was challenged by the Christian Science Committee on Publicity, of Tennessee, who telegraphed the mayor of Niagara and received no answer. Again they telegraphed the Board of Education with the following reply, "Statement that smallpox in Niagara is absolutely without foundation—not a single case of the disease in the city."

This statement was written when the health officer knew that there were ten cases of smallpox in the city at that time.

The State Department again took a hand, and it was not long until people traveling on trains through Niagara were notified of conditions. Later, all trains going in and out of Niagara were placarded, stating that there was smallpox, and forbidding them to go in and out unless they had had smallpox, or showed evidence of recent vaccination.

The citizens, fully realizing the incalculable monetary damage that such a precedure would cost their city, began to vaccinate and quarantine with the determination to rid the city of the contagion and stigma.

When this began, with the co-operation of the people, it only took from January 30, 1913, to March 27, 1914, to rid Niagara of its pest.

The failure to take advantage of protection against smallpox caused numbers of cases to be scattered throughout the United States. 483 cases were found in 1913, 87% of which had never been vaccinated.

The attitude of the citizens and es pecially of the city officials made the suppression of the epidemic an extremely difficult task; the Board of Education and the City Attorney being strong anti-vaccinationists.

What a disgrace it is that a great many of the better class of American citizens are anti-vaccinationists, and will only use their influence against smallpox upon the realization of economic loss.

History of the Niagara epidemic shows that unvaccinated contacts in the same house invariably contracted smallpox.

Vaccinated contacts did not develop smallpox.

Three weeks after compulsory removal and general vaccination began, there was a steady diminution of new cases reported.

Vaccination and immediate isolation with the vaccination of contacts is the only adequate method of controlling smallpox.

Establish compulsory vaccination laws for those at least who are unable to protect themselves—the school children.

Notice: We have such a law and no child can enter school next year who has not been vaccinated.

We have not had a case of smallpox develop in Asheville in five years, except from an imported case and attacking non-

residents, and we do not intend to have one—so get vaccinated—now—and be prepared to enter school.

Typhoid Fever

Get protected against typhoid fever—it will cost you nothing.

Among 3,000 soldiers in 1912 who did not receive preventive treatment against typhoid fever, forty cases developed. Among 55,000 cases inoculated, but three cases developed and these not having received full treatment.

In 1912 not a single case developed in the United States Army-Navy.

Typhoid vaccination, pure water, clean milk, sewer protection, sanitary closets, exterminating the fly in the house by screening against him and fighting him at his home, the stable. Avoiding the contagion by care of the patient's excreta, and scrubbing the hands after attention is given the patient, and being always on the alert for carriers will protect against typhoid fever.

There is no excuse for typhoid fever, yet North Carolina had 228 cases in 1913.

North Carolina's average was 52 deaths in 100,000 population—colored 86.6 in 100,000 population.

Asheville had one death, due to carelessness on the part of a colored nurse (a contact case from an imported one). A shame to be punished for another's sins.

It has been said, "For every death by typhoid, someone is guilty of murder and should hang for it, and when humanity discontinues the consumption of its sewerage, then will typhoid fever cease." Dr. D. E. Sevier will vaccinate you against typhoid fever free of charge—look out for the time appointed.

Rabies

Pasteur's treatment has reduced the mortality for those bitten from 10% and 80% to 0.5%. Remedy: muzzle the dogs during the hot months or bury the child. There is no injury to the poor dog; why hurt the child?

Tuberculosis

In 1882 Koch gave to us the cause of tuberculosis—tubercular bacilli—and every minute in the day and night a soul is called to the bar of judgement as a result of the work of this microscopic bacillus.

No specific has as yet been found.

Prevention and early diagnosis are the sure avenues of success. Do not fear the patient—from him there is no harm—the bacilli (infective matter) are in the sputum and therein lies the serpent.

A rigid enforcement of the anti-expectoration ordinance—the use of the sputum cup and burning same—the reporting of cases and fumigation of rooms are our best adjustment in the present evil.

Superficial information is dangerous and this coupled with ignorance is the cause of phthisisphobia or the inordinate fear of tuberculosis.

It is well to beware, but foolish and cowardly to shun. "A hint to the wise is sufficient."

North Carolina's death rate from tuberculosis among the whites was 185.6 in 100,000 population.

Asheville was entitled to 28.1 deaths.

Asheville had two white deaths.

Is this knowledge and actual experience (and I challenge its dispute) worth anything to you, and is it worth anything

that by the above methods it saves 26.1 deaths from one cause, and that cause tuberculosis?

This is not the result of one year—it has been done for several years.

What has been said of the preventable diseases named can be exemplified in part with any other preventable disease.

Woe to the Municipality That Fails

Prevention is greater than cure and notwithstanding the horribleness of the thought, it would be of far more benefit to mankind to use the public funds in prevention and control rather than in the cure.

Political Control

To accomplish best results, the health commissioner must be relieved from political control. Their term of office should be dependent upon efficiency and the practical demonstration of their work and worth in the preservation of health to the people.

All men and some women are liable to err when life's sustenance is dependent upon holding office. Then policy—politics—would cause procrastination of the sins of omission, committing fatal errors which arise from the neglect of taking advantage of time and opportunity.

Keep vigilent watch over all things pertaining to public health, but do not sprinkle your efforts. Take one vital issue and place that issue in the arena and demonstrate to the people what can be done, as Asheville did, in the elimination of typhoid fever and smallpox.

Avoid theories, high-sounding technical terms, speak plainly and with understanding to the people, and through this process of education the laity will become interested—yes, they will demand protection, which means their co-operation, and co-operation is essential to success.

George Washington

George Washington's farewell address of 1797 contains so much of wisdom, warning and prophecy and a portion of his appeal for unity of government is such an appropriate appeal for preventive medicine, I will on this occasion apply it.

"It is of infinite moment that you should properly estimate the immense value of preventive medicine, to your collective and individual happiness; that you should cherish a cordial, habitual and immovable attachment to it; accustoming yourself to think and speak of it as of the polladium of your political safety and prosperity, watching for its preservation with jealous anxiety, discountenancing whatever may suggest a suspicion that it can in any event be abandoned."

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	92	95	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	92	93
Woman's Exchange	93	93	93
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore	91	88	89
Central Cafe	94	87	89
Crystal Dairy Lunch	86	89	88
Rea Cafe	90	78	82
Highland Cafe	75	89	81
California Lunch Room	78	75	76
Home Cafe	75	77	76
Silver Moon	84	72	76
United States Cafe	73	70	71
Broadway Cafe	66	60	62
Dixie Cafe	64	52	56
Mills Restaurant	48	60	56
Farmers' Ready Lunch	55	55	55
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	69	66
Y.M.I. Restaurant (colored)	57	60	59
Pearson's Quick Lunch (colored)	57	60	59
Williams' Restaurant	50	50	50

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensi s 5.

WATER FOR CLEANING 20—Hot 15. Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... ----------

Score for Methods.....; multiplied by 2..... ----------

Total to be divided by 3..... ----------

Final Score..... ----------

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.)----------

---

MILK TEST FOR RETAIL DAIRIES, MAY, 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore (certified)	6,500	5.6	1.030	14.2
Biltmore	10,000	6.0	1.032	14.8
Oak Grove	13,000	4.0	1.032	13.0
Fenner Farm	13,000	4.6	1.032	13.8
Sunset	14,000	5.0	1.032	14.2
Middlebrook	15,000	4.8	1.032	13.8
Sevier	15,000	4.8	1.032	13.8
Montford	15,000	4.2	1.032	13.2
Violet	16,000	6.0	1.030	14.8
Dryman Mountain	17,000	5.2	1.030	14.2
Wildwood	18,000	5.0	1.032	14.2
Hazel Green	20,000	4.8	1.030	13.6
Fairview	20,000	5.0	1.032	14.4
Laurel Springs	22,000	4.4	1.030	12.8
Melrose	25,000	4'2	1.029	12.6
Locust Grove	25,000	4.8	1.029	13.2
Emma Farm	28,000	4.0	1.026	11.5
Mountain Range	30,000	4.0	1.030	12.8
Burnsville Hill	32,000	4.2	1.030	12.8
Anandale	37,000	4.8	1.029	13.2
Pleasant Hill	50,000	4.8	1.030	13.4
Oak Springs	50,000	4.0	1.032	13.0

MILK TEST FOR WHOLESALE DAIRIES, MAY, 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Chas. Wilson	12,000	4.2	1.028	12.4
Stony Knob	12,000	3.6	1.027	11.2
Carter Bros	15,000	4.6	1.029	13.0
Sam Griffin	18,000	4.2	1.029	12.5
Hill Farm	19,000	5.0	1.032	14.2
W. A. Baird	23,000	4.0	1.031	12.8
Woodbury	25,000	4.6	1.030	13.2
W. A. Swain	26,000	4.2	1.029	12.6
I. V. Baird	27,000	4.6	1.029	13.0
Young & Anderson	33,000	4.0	1.028	12.0
Hunsucker	33,000	4.0	1.031	12.6
Baird's Cove	35,000	4.9	1.029	13.2
Wm. Scarborough	37,000	4.0	1.028	12.0
J. O. Baird	43,000	4.6	1.029	13.0
Garrison Bros	65,000	3.9	1.029	11.8
Charlie Carson	65,000	3.6	1.027	11.2
D. Calloway	65,000	3.9	1.028	11.8
H. L. Ray	85,000	4.0	1.050	12.6
Elmer Carter	100,000	4.8	1.034	14.4
†Jeter Greenwood	115,000	4.0	1.028	12.0

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

*Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (lega- minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indil cate adulteration.

†Retired from business.

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 52 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894. | July 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool; alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B. FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

FOREWORD

Mothers, read that you may safeguard your daughters.

Fathers, read that you may warn your sons.

Young women, read that you may avoid the pitfalls of others.

Young men, read that you may retain your manhood, your health and that of your prospective wife and children.

Everybody read, for knowledge is helpful.

It is through false modesty and lack of knowledge that the "Black Plague" is so extensive.

Upon public activity and dissemination of knowledge depends the success or failure of the fight against disease from vice.

SOCIAL EVIL

Far be it from me to be a moralist or a preacher of morals—neither is this message intended to imply that I have the definite means of relief—but after placing truths plainly and concisely before you, it is hoped that you will awaken to realize that there has existed a dense veil before the mothers' eyes, and that as you read, the mist will fade away and that you will see clearly that the cloud was produced by a false conception of the protection of childhood.

Communicable Yet Self-Eliminating Diseases

Diarrhœa and Dysentery caused, in 1913, 47,605 deaths; typhoid fever, 11,323 deaths; malaria, 1,505.

These are examples of the communicable types of disease, on which we are so successfully waging war.

Contagious Yet Self-Eliminating Diseases

Measles caused 8,108 deaths, smallpox, 125; scarlet fever, 5,498; whooping cough, 6,332; diphtheria, 11,920.

These diseases are examples of the contagious diseases, on which we are so successfully waging war.

The deaths from these causes are yet alarming and much more can be accomplished—but listen! these diseases are to a great extent self-eliminating—that is, they either kill or cure, and by one or the other route the cause is eliminated.

Chronic Diseases Not Self-Eliminating

Tuberculosis caused 93,421 deaths; cancer, 49,928; and these are examples of diseases that are chronic, and progressive in nature. (Tuberculosis has a tendency toward recovery, yet prone to relapses) and to accomplish good results, they have to be prevented or taken in time. They are not self-eliminating—they permanently injure.

Social Diseases Not Self-Eliminating

The social diseases, the most contagious of all, are not self-eliminating, but progressive and when chronic are always a source of infection and danger.

Only 4,589 deaths from syphilis, and 237 from gonorrhœa, are recorded from these diseases in 1913, yet they are the cause of many thousand more.

What a shame to live under such a veil of ignorance.

Listen to the truth—of 4,588 deaths due to syphilis, 2,101 died in infancy before reaching the age of five years, or about one-half of all recorded deaths due to syphilis was caused through inheritance.

"The sins of the fathers and mothers visited upon innocent children."

There were in the hospitals for the insane in 1910, 187,791, 20% of whom were placed in these institutions on account of syphilis. Another example of the sins of vice is represented by 37,558 human beings, worse than dead, and charges on their country.

There were in 1913, 64,000 blind in twenty-four States of the United States, 25%, or one-fourth, of whom lost their eyesight from gonorrhœa. Again, from the sins of parents or personal mistakes, we find 16,000 more than helpless and a care to the country.

There were 18,779 epileptics in the United States registration area in 1910, 10% of whom were caused by syphilis. Again, the sins of the fathers and mothers are visited upon 1,877 of their children.

If you have followed me, you will realize that the total number rendered helpless is, so far, 55,435.

We know these, for they are a known quantity—but who and where are those less maimed and in the vast majority?

In 1913 there were deaths in the United States registration area from:

Epilepsy	2,632
Organic Health Disease	87,755
Cerebral Hemorrhage, Softening of the Brain, and Spinal Diseases	70,378
Bright's Disease	65,106
Puerperal Sepsis and Accidents (Female Diseases)	14,049
Congenital Debility, Diseased at Birth, and Malformations	52,599
Total	292,519

A great number of whom were caused by syphilis and gonorrhœa.

These are alarming figures, but go with me into the field of causes and you can then readily realize that the figures, while horrifying, are, if anything, underestimated.

A justifiable estimate of public prostitutes in the United States is placed at 500,000, and 1,000,000 clandestine or secret prostitutes, all of whom are, sooner or later, infected with syphilis or gonorrhœa, and potent sources of constant infection.

Add to this, as has been estimated, 50%, or one-half, of the entire male population, as sources of infection, and you have an almost unthinkable number to transmit the curse to our incoming manhood and womanhood.

Again, you can multiply this by ten (10), when we think of all the sources of infection, for it is again estimated that the prostitutes satisfied the carnal desires of ten (10) different patrons each day—now multiply these figures by 317 days in the year, allowing 48 days of rest, and you can imagine from one point of view only, the magnitude of the social evil.

This does not take under consideration the sequellæ of disease following the specific infection.

15,000,000 young men, of whom one-half have been infected, are under the impression that they are cured and everything is well and safe for matrimony to take 15,000,000 young and innocent girls into the bonds of matrimony with the sincerest of motives, to become a faithful, loyal husband, and giving to her, that which he requires of her.

The records of surgical work indicate that 1,500,000 innocent American women are brought constantly to the surgical table through innocent inoculation of gonococci through their husbands.

The syphilitics in the United States could safely be estimated among the millions.

Of the children blind, there are, among the blind, one-tenth, due to social diseases.

One in two hundred of all children born have (opthalmia neonoorum) sore eyes, due to gonorrhœa, and this is the most common cause of blindness. (This blindness is preventable, and the mother should see that a drop of 1% nitrate of silver solution is placed in the eyes of each baby at birth. If your child has sore eyes or becomes blind, remember you are to blame, for you are forewarned).

2% of all school children are feeble-minded—65% is hereditary. The feeble-minded are quite prolific, and have no regard for morals and no hesitancy in transmitting disease.

You are now in a position to realize that the social evil is of infinite magnitude and of long-standing, and the gravest question confronting contagion today.

The conscience, or the moral standard of the community, is the real secret of success—but unfortunately the instinctive gift of life has developed the unscientific idea that relief through sexual appetite is essential to health, especially in the male, hence we have the double standard—the natural consequence of which is, the male created the demand, and the poor woman is first victimized and diseased by man, and after being preyed upon, condemned for life, branded as a prostitute and an outcast, the man, the guilty—certainly, equally guilty—goes unpunished, and returns to his place in society.

To relieve the condition, you must realize then that the man and woman are equally guilty—and when the vice becomes a crime, both should be punished.

How are we going to make a beginning to control this evil?

Since the middle ages, various methods have been tried, through regulation, segregation, colonization, etc., it was thought vice could be handled.

After studying the question, and I may say prejudiced in regulation's favor, I have come to the conclusion that to segregate, which means that you district the public prostitutes in the Bordells or houses, you popularize and advertise their trade.

You legalize, or at least countenance, the vice.

You make it accessible and easily attainable.

You, by medical inspection, give a false idea of safety.

You legalize a trade which must be replenished by others.

You encourage white slave traffic.

You lose sight of the greatest sources of disease—the clandestine prostitute—the most attractive through youth and beauty.

You increase the demand and multiply the disease.

You, through segregation, as has been proven in all foreign countries, have increased vice—crime and disease.

The regulations do not regulate, and hence are an injury, and should not be.

Ignorance is regulation's chief asset. The general public is uninformed as to the true conditions.

To inscribe a woman, you brand her for life, and rob her of a chance of redemption.

Regulation

Regulation is a compact with vice.

One public prostitute is inscribed.

Eight clandestine prostitutes are left to supply the demand and scatter the disease.

Regulation induces bribery—gives prominence. Regulation deprives individual liberty. You cannot preach continence and license vice. Prevention is the salvation, not authorization.

In regulation the police are made the guardians of public morals, rather than of peace.

14.6 are public prostitutes and under regulation.

44.9 are minors, between the years of 15 and 21; disease, ten times more common. 85.4 are clandestine and cannot be reached by the historical regulation, or method of control; this in itself would minimize the importance of regulation.

Regulation has been spasmodic in the control, and such a method has not nor never will grow nor control anything.

Medical

There is not a shadow of proof that continence, or abstaining, is damaging to health.

"To the continent, continence becomes progressively easier. It has been estimated that one-third of gonorrhœal infections are incurred while the victim is in liquor.

"The criminal law runs against part of the prostitute's army; the bacterialogical law against all."

Clinical examinations do not detect three-fourths of the disease; what good does it do to detect one-fourth, and leave three-fourths to scatter the disease?

50% to 65% of women carry gono cocci in the folds and glands constantly, and it depends upon the microscope whether or not they are found.

"The microscope may not find it—the customer may!"

Regulation keeps the disease hidden. The beneficial results from the number removed from prostitution on account of disease depends upon the effect of the accessibility of temptation. The feeble-minded are prolific and scatterers of disease, and are not morally or legally responsible.

Education

First—Educate the children early in regard to plant life, of its development and propagation.

Again, the difference in sex.

Third—The dangers incurred by the abuses of morality.

Again, the diseases coincident thereto. Educate the son that it is a criminal act to take advantage of the virgin's virginity—the most sacred of all things to her.

"Sex impulse is capable of restraint through the cultivation of inhibition."

Remember, "Fathers fashion their own sons after their own image."

"Disease through instinct, physiological, social, conspiring third parties can be controlled."

"Impulse is seldom of spontaneous origin."

"The girl must develop character enough to resist easy demoralization. The boy, character enough to resist and subdue rebellious impulse."

Regulationists

"Shall I cite a few authorities upon the question as to whether reglementation does or does not regulate?"

The vice commission of Minneapolis asserts: "The position of enforcement of law against prostitution is unassailable."

Lecour of Paris: "Prostitution is increasing in Paris in spite of the strictest regulation."

Seligman of New York: "An astounding condition of corruption among police officials and direct complicity between the chief of police and the houses of ill fame."

Van Ijsselstein: "I saw that the attendance at the public houses increased as soon as the report spread that I was in charge of the examinations."

Neisser of Germany: "The methods actually in use for diminishing the evils of prostitution can not be considered effective."

Blaschko: "In Berlin, in spite of regulation, 20 per cent of the men between 20 and 30 years are infected each year with gonorrhœa."

Mireuel: "The more regulated prostitution there is in a country the more prostitution of every kind will develop."

Morrow: "The system (reglementation) has proved to be defective as a sanitary scheme."

And, bearing upon the assertion that segregation does not segregate, I may venture to repeat that there is no large European city, except Hamburg and Bremen, in which segregation now exists as an official measure.

Prostitutes in Europe

Officially recognized as present in	Paris	Vienna	Berlin
Police estimate. . .	45,000	30,000	30,000
Registered & regulated	6,000	3,063	2,016

In a volume of lectures in Hamburg in 1908, Dr. Engle Reimers says: "Medical control of prostitution has very slight influence on the incidence of syphilis and gonorrhœa among the male population. It is absolutely clear that these diseases are no less common where regulation exists than in places where prostitutes enjoy unrestrained freedom to ply their trade."

Neisser, the discoverer of the gonococcus, says: "If a radical reconstruction cannot be brought about, it is better to stop the entire system. It does not effect a real sanitary control of the inscribed women—it rather operates to increase the venereal diseases."

Abolition

Abolition does not mean the abolition of prostitution—it makes a distinction between prostitution as a vice and prostitution as a crime.

"It refers to the abolition of laws and police ordinances and regulations recognizing or licensing or inscribing the practice of prostitution," as all laws which bear upon only one of the two parties involved.

Any offense to order, decency or health or injury to a third party, committed by prostitutes, constitutes a crime and is handled as such.

The diseased woman or man is treated, not as a criminal, but as one with a disease, and treatment is given and confidence gained and held until a crime is produced.

In abolition, the police deal with the entire phenomenon as far as it affects the public.

In abolition, the success depends upon the police, the courts, and public opinion.

Recommendations

First—Abolition.

Second—Reporting of the social diseases by number.

Third—Reporting of the social diseases by name and address if the patient discontinues treatment before a cure is made.

Fourth—Establishment of a dispensary for the voluntary treatment of the male and female.

Fifth—Establishment of wards in hospitals for the treatment of the incapacitated.

Sixth—Establishment of proper places for the treatment of criminals.

Seventh—Laboratory diagnosis.

Eighth—Raising age of consent to 21.

Ninth—Education of the public and the children.

Tenth—Abolition of the public drinking cup, soap and roller towel.

Bibliography

Flexner, Wilson, Rosenstrin and others.

—C. V. REYNOLDS.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	94	94	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	94	94
Woman's Exchange	93	93	93
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore Cafe	90	90	90
Central Cafe	94	87	89
Sullivan's	86	89	88
Rea Cafe	90	84	84
Highland Cafe	75	89	81
California Lunch Room	80	80	80
Gold Sun	65	88	80
Home Cafe	75	77	76
Silver Moon	84	72	76
Royal Cafe	62	75	76
United States Cafe	73	70	71
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
Farmers' Ready Lunch	55	55	55
Mills' Lunch Room	30	58	48
L. P. McDerria	40	50	47
Queen Lunch Room	35	50	54
Bradley's Restaurant	35	50	45
Crescent (colored)	66	66	66
Pearson's Quick Lunch (colored)	60	60	60
Y.M.I. Restaurant (colored)	57	60	59
Williams' Restaurant	50	50	50
South Carolina (colored)	45	45	45

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15, Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... .....

Score for Methods.....; multiplied by 2..... .....

Total to be divided by 3..... .....

Final Score..... .....

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

.....

MILK TEST FOR RETAIL DAIRIES, JUNE, 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore (certified)	1,000	6.0	1.030	14.2
Fenner Farm	10,000	4.8	1.032	13.8
Biltmore	12,000	5.0	1.032	14.2
Middlebrook	12,000	5.0	1.032	14.8
Anandale	15,000	4.4	1.038	13.6
Melrose	15,000	5.2	1.029	13.8
Hazel Green	15,000	4.0	1.033	13.2
White Pine Creameries	15,000	4.6	1.031	13.4
Burnsville Hill	15,000	4.0	1.032	13.0
Montford	15,000	5.4	1.032	14.6
Oak Grove	18,000	4.0	1.034	13.6
Wildwood	18,000	4.8	1.029	13.2
Dryman Mountain	20,000	5.4	1.032	14.6
Oak Springs	20,000	4.8	1.032	14.0
Sevier	20,000	4.8	1.032	13.2
Sunset	20,000	4.8	1.033	14.2
Snyder, Beaverdam	40,000	4.2	1.032	13.2
Pleasant Hill	40,000	3.8	1.034	13.4
Violet	40,000	4.8	1.032	13.8
Laurel Springs	50,000	4.2	1.032	13.2
Mountain Range	50,000	4.4	1.032	13.6
Locust Grove	100,000	4.8	1.032	13.8

MILK TEST FOR WHOLESALE DAIRIES, JUNE 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Woodbury	20,000	4.4	1.028	13.4
Hill Farm	21,000	4.8	1.032	13.8
Carter Bros	22,000	4.8	1.030	13.4
Elmer Carter	22,000	4.6	1.030	13.4
Charlie Carson	25,000	4.8	1.032	13.8
Stony Knob	25,000	4.0	1.032	13.0
Fairview	25,000	3.6	1.032	12.6
Swain	26,000	4.4	1.033	13.4
Chas. Wilson	30,000	5.0	1.032	14.2
Scarborough	34,000	5.0	1.030	13.6
W. A. Baird	40,000	5.0	1.032	14.2
Sam Griffin	45,000	5.0	1.032	14.2
I. V. Baird	55,000	4.6	1.032	13.8
Garrison Bros	60,000	4.8	1.032	13.8
Hunsucker	78,000	4.8	1.032	13.8
D. Calloway	100,000	4.0	1.032	12.8
J. O. Baird	120,000	4.4	1.032	13.4

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (lega- minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indil cate adulteration.**

†Retired from business.

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 53 Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894 Aug. 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool; alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B. FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

A REQUEST

Every few minutes during the entire day the telephone rings and when answered it is a complaint in regard to the trash or garbage not having been removed that day or the previous day.

This telephone message to the Health Department is absolutely unnecessary if the citizens would read the Bulletin and learn when the garbage wagons will be in their section and have the garbage placed "as is required" in the proper place and at the proper time.

If you place your garbage or trash upon the street after the wagon has gone by you cannot hope or reasonably expect the Health Department to send a "repeat" call for your refuse.

Remember that the city is endeavoring to remove your trash and garbage and that you, as a citizen, are paying for same and to make "repeat" calls on account of carelessness on your part would increase the pay roll a considerable amount, which would be certainly unfair to the people who are co-operating with the Health Department in keeping the city clean for the smallest cost.

Another point: the city requires you to keep your garbage and swill in metal cans and the lids properly closed at all times.

May I ask, are you doing it?

If not, why not?

We cannot have a town that we can look upon with pride unless every citizen does his or her duty.

RULES AND REGULATIONS GOVERNING COLLECTION AND REMOVAL OF GARBAGE AND ESTABLISHING SANITARY DISTRICTS

To the citizens of Asheville: The public is hereby notified that the following rules and regulations will be strictly enforced, beginning the first Monday in August, 1915, and the authorities respectfully solicit the united co-operation of all citizens in the important work these rules are intended to promote and facilitate.

Rule No. 1. All garbage, trash and other refuse matter, required by the Health Ordinances, and all other ordinances of the city of Asheville, passed for the protection of the health and to promote the sanitary conditions of the city of Asheville, shall be collected by the householder, resident or occupant of premises and put in cans, and placed on sidewalk or public alley near margin of street not later than 10:00 o'clock a.m. of the day fixed by schedule of this Department for removal of same by city sanitary wagons.

Rule No. 2. All cans, having been placed on the sidewalk by such householder or occupant, in compliance with Rule No. 1, when emptied by Sanitary Department shall be removed by such resident or occupant immediately after they have been so emptied.

Rule No. 3. Sanitary wagons will not cover same territory twice, nor shall employees of Sanitary Department be required to go upon premises to gather up or remove such garbage, unless such other place as has been designated by the Health Department.

Sanitary Districts and Schedule of Wagons

District No. 1. Beginning at the intersection of South French Broad Avenue and Patton Avenue, and runs with South French Broad Avenue to Scott Street, including Victoria Road to Biltmore Avenue, with Biltmore Avenue, back to Hilliard Lane, where it intersects with the fire limits.

Date of Removal. Mondays (beginning first Monday in August, 1915).

District No. 2. Beginning at College and Spruce Street, running with Spruce Street to Market Street, with Market Street to Biltmore Avenue, all territory east of Biltmore Avenue to College Street, and with College Street back to Spruce Street.

Date of Removal. Tuesdays (beginning first Tuesday in August, 1915).

District No. 3. Beginning at the intersection of College Street and Spruce Street, runs to Woodfin Street, thence to Broadway, thence to Merrimon Avenue, back to College Street, with College Street to Spruce Street.

Date of Removal. Wednesdays (beginning first Wednesday in August, 1915).

District No. 4. Beginning at Woodfin Street and Broadway, runs with Broadway to Merrimon Avenue, Merrimon Avenue to Coleman Avenue, then west with the city limits to Cumberland Avenue, thence to Haywood Street, thence with Haywood Street to Flint Street, Flint Street to Hiawassee Street, thence to Woodfin Street, with Woodfin Street to Broadway.

Date of Removal. Thursdays (beginning first Thursday in August, 1915).

District No. 5. Beginning with Haywood Street near French Broad Avenue and running in line with Cumberland Avenue to the city limits, then west to French Broad River, then up French Broad River to Smith's Bridge, then with West Haywood Street to Spring Street, with Spring Street to Patton Avenue, Patton Avenue to North French Broad Avenue, then with North French Broad Avenue to Haywood Street.

Date of Removal. Fridays (beginning first Friday in August, 1915).

District No. 6. Beginning at French Broad Avenue and Patton Avenue, runs with Patton Avenue to Spring Street, Spring Street to French Broad River, up French Broad River to city limits to a point on a line with South French Broad Avenue, then with South French Broad Avenue back to Patton Avenue.

Date of Removal. Saturdays (beginning first Saturday in August, 1915).

Garbage must be placed on sidewalk not later than 8:00 a.m.

District No. 7. The Seventh District includes the fire limits, which will be cleaned each day. All trash must be put

into barrels or cans and placed on the sidewalk within this district not later than 8:00 o'clock a.m.

Date of Removal. Daily removal within fire limits.

By order of James G. Stikeleather, Commissioner of Public Works, City of Asheville.

J. B. FRADY, Sanitary Inspector,
City of Asheville, N.C.

GARBAGE REGULATIONS

Asheville, through her Board of Health, has been making every effort to maintain her high standard in Health Regulations. Every year she makes advancement and with renewed energy she sets about to do her work well. In this issue we are printing the garbage laws and by the aid of her citizens, she will become an enviable city. Please read the following ordinance carefully and prepare now for the garbage and trash wagons.

The Board of Aldermen of the city of Asheville do ordain:

SECTION 1. That the ordinance passed on its first reading September 18th, 1914, relating to receptacles for garbage, etc., be and the same is hereby amended so as to read as follows:

SECTION 1. That it is hereby made the duty of the owner or occupant of any building in the city of Asheville used as a residence, store house, restaurant, boarding house, tenement house, lodging house, hotel or business house, to provide and keep for every such building as many suitable receptacles as may be necessary for the purposes herein mentioned, which receptacles shall be provided with close-fitting covers and handles and be not more than eighteen inches in diameter and thirty inches in depth, in which receptacles shall be deposited such trash, waste and garbage as shall accumulate or be upon said premises as the same accumulates; provided, combustible trash and waste matter shall be kept separate from garbage.

SEC. 2. **That all of said receptacles shall be kept in some conveniently accessible place upon the premises which shall be designated by the Sanitary Inspector; provided, that the occupants of all buildings within the business district of said city shall place such receptacles as contain waste, trash or garbage upon the sidewalk adjoining their premises each day (Sundays excepted) before 8 o'clock a.m.**

SEC. 3. That it shall be unlawful for any person, firm or corporation to haul or carry any garbage or night soil on any street within the city of Asheville, except it be in metal-covered vessels or water-tight metal wagons with tight-fitting metal tops, approved by the Board of Health and kept in a clean and sanitary condition at all times.

SEC. 4. That it shall be unlawful for any owner, tenant or agent in control of any lot or premises within the city of Asheville to permit to remain thereon any empty bottles, empty cans or other receptacles which may gather and hold water.

SEC. 5. That it shall be unlawful for any person, firm or corporation to keep or maintain on his or its premises any growing vegetation of such kind or nature as to be a menace to the public health, or to fill any land with or dump upon any land within the city of Asheville, garbage,

dead animals, decaying vegetable or animal matter or any offensive material, nor shall any of the aforesaid offensive materials be buried within the city, but shall be disposed of as provided by law.

SEC. 6. That no person, firm or corporation shall engage in the business of carrying manure, swill, garbage, night-soil or other offensive or noxious substances through the streets of the city of Asheville, without a permit from the Board of Health. No cart or other vehicle used for the purposes of hauling any of said substances shall be allowed to stand unnecessarily upon the street, nor shall any unreasonable length of time be consumed in passing through the streets, in loading or unloading. Such carts or other vehicles and all implements used in connection therewith, shall be kept in an inoffensive and sanitary condition. All carts, vehicles or other containers used in moving the above mentioned offensive or noxious substances shall be strong and tight, and sufficiently high to prevent the spilling or leaking of contents.

SEC. 7. All garbage, refuse or other waste material shall be collected and removed from private residences promptly, thoroughly and in a cleanly manner at least once a week from November 1st to April 30th inclusive, and at least twice a week from May 1st to October 31st, and from hotels, restaurants, meat markets, rendering plants and fish-dressing establishments daily.

SEC. 8. That any person, firm or corporation violating any of the provisions of this ordinance shall, upon conviction, be subject to a penalty of $50.00 for each and every such offense.

SEC. 9. That the foregoing ordinance shall be in force and effect from and after the date of its final passage.

I move the adoption of the foregoing amendment.

.....
Alderman.

Approved as to form, Sept. 25th, 1914.

CANS

You will notice the size and depth of the cans for the collection of garbage and other waste products. Telephone 152 and they will inform you where these cans can be purchased. It is highly essential that you purchase your cans now in order that you may be able to comply with this law and have your garbage properly taken care of. It will not cost you any more to secure the cans promptly and it certainly will inconvenience you and the Health Department by your inattention to this appeal.

CARRYING THROUGH STREETS

SEC. 501. That no swill, distillery swill, slops, distillery slops, pot ale, garbage or kitchen waste or refuse, shall be carried through the streets of the city of Asheville, save in water-tight barrels or boxes provided with wooden or metallic tops or covers; and no such material shall be carried in any cart, wagon or other vehicles in which milk, cream or buttermilk is carried, or from which milk, cream or buttermilk is sold; and any person violating any of the provisions of this section shall be subject to a penalty of twenty dollars for each and every such offense.

CITY
NOR
3
4
5
7
CITY LIMITS
CITY LIMITS
FRENCH BROAD RIVER
BROADWAY
MONTGOMERY
PATTON AVE
ANN ST
GROVE
CHURCH
MAIN
WEST
EAST
CENTRAL
VIVIAN AVE
HILLIARD
WILLIAM ST
ATKINSON
RIVERSIDE DRIVE
MOUNTAIN ROAD
HAYWOOD ST
CHARLOTTE
CRAGMONT
OAK ST
VANCE
N SPRUCE ST
S SPRUCE
MEADOW
WOODFIN
LIBERTY
ASHEVILLE
MONTFORD AVE
PARSON
CUMBERLAND
MOORE
CRAIG
CRAIGE
CRAIGE ST
GUDGER
BROOKSIDE
HILL
CROSS ST
BOSTON ST
PEARL ST
WILLIAM ST
VIEW
ASHEVILLE
BROADWAY
MONTFORD
PARSON
CUMBERLAND
MOORE
CRAIG
CRAIGE
GUDGER
BROOKSIDE
HILL
CROSS
BOSTON
PEARL
WILLIAM
ATKINSON
VIEW
RIVERSIDE
MOUNTAIN
HAYWOOD
CHARLOTTE
CRAGMONT
OAK
VANCE
N SPRUCE
S SPRUCE
MEADOW
WOODFIN
LIBERTY
ASHEVILLE

MAP
OF THE
OF ASHEVILLE,
RTH CAROLINA,

1915

REMOVAL OF GARBAGE

The city of Asheville, through her Sanitary Department, is paying by a special appropriation for Market House, Abattoir, Restaurant, Stable and back yard inspection.

By the same means we are flushing, sprinkling and otherwise cleaning our streets. This is a service rendered for the special benefit of no one in particular, but for the public in general, a work "for the people and by the people."

Just here let me beg of you to aid us in burning promptly all waste that can be destroyed in this manner; and again, remove all water from the swill before placing same in cans—with lids—for the garbage collector. A good way to remove this waste is to have a wire basket over the sink and allow all waste to run thru kitchen sink, then wrap the contents of the wire basket in paper before placing in the can with a lid; the result will be a great saving to you and will mean fewer flies and fewer mosquitos and less expense.

WASHERWOMEN

An Ordinance Regulating the Registration of Washerwomen in the City of Asheville, North Carolina, and Providing for the Inspection of their Premises, Paraphernalia, Houses, Washtubs, etc., and for the Issuance of Permits under the Provisions of said Ordinance.

The Board of Commissioners of the City of Asheville do ordain:

SECTION 1. It shall be the duty of every washerwoman, laundress or other person, except operators and employees of regularly licensed steam or hand laundries, who wash or launder clothing or wearing apparel for hire or pay, whether said laundress, launderer or washerwoman live inside or outside said city or whether to wash at the home of the patron or at the home of said party doing said laundrying and washing or otherwise, to report to and register his or her name and address in the office of the Health Officer of said city.

SEC. 2. The Health Officer of the city of Asheville will cause a register to be kept in his office in which shall be recorded the names and addresses of all such persons as shall report to his department under the provisions of section 1 of this ordinance, and that upon such name being registered, it shall be the duty of said Health Officer to issue a certificate of registration without cost to each person so registering, and to make or cause to be made such investigation and inspection of the premises and paraphernalia (tubs, scrubbing boards, pots, ironing boards, etc., said tubs to be of galvanized iron) of such persons as will enable said Health Officer or Inspector to determine whether or not said person shall be permitted to engage in such occupation.

SEC. 3. It shall be the duty of the holder of the permit or certificate provided for in section 2 of this ordinance, to notify the office of the Health Department in person of any change in the address of such person, which notice shall be given within thirty-six hours after such change, or other pre-existing conditions.

SEC. 4. Inspections provided for under section 2 hereof, shall be made at any

reasonable hour in the day time and as often as said Health Officer shall determine. The person making such investigation or inspection shall, as soon thereafter as practicable, return to the office of the Health Officer a written report (on blanks provided by said department) of the conditions found to exist at the time of said inspection.

SEC. 5. Any person may, upon application to the office of the said Health Officer, be furnished with a copy of the report of such inspection, and said copy shall be furnished free of cost to the applicant.

SEC. 6. Any person who engages in the occupation of a laundress or washerwoman or who washes clothes or wearing apparel for pay (except regularly licensed steam and hand laundries) without having first obtained a certificate of registration or permit as provided for in this ordinance shall be guilty of a misdemeanor and shall be subject to a penalty of twenty-five dollars.

Read three times and finally adopted this the 26th day of June, 1915.

VACCINATION NOTICE—IMPORTANT—DON'T FAIL TO READ

The attention of parents and guardians of the Asheville City Schools is called to the following City Health Ordinance and the letter from the City Health Officer:

Vaccination Ordinance

The Joint Health Board of the City of Asheville do ordain:

SECTION 1. That all children, teachers, instructors, and all persons connected with any school in the city of Asheville shall be vaccinated before entering or being permitted to enter any such building in which said school is conducted, and shall thereafter be successfully vaccinated as often as may be necessary in the discretion of the Health Officer to immunize such person from smallpox.

SEC. 2. That all children, teachers, instructors and all persons connected with any school in the city of Asheville, shall present a certificate of immunity from smallpox, either through recent vaccination or previous attack of the disease.

SEC. 3. That it shall be the duty of every parent or guardian of any child attending school in the city of Asheville, also the school committee, principal or teacher to see that such child shall not be permitted to enter any school in which said principal or teacher has charge unless such child presents a certificate of immunity as provided in section two hereof.

SEC. 4. It shall be the duty of the school committee, principal or teacher of every school in the city of Asheville to see that proper records are kept of the certificates of immunity of each child, date of same, together with the physician's name, etc.

SEC. 5. Any person violating any of the provisions of this ordinance shall be subject to a penalty of $25.00 for each and every offense.

Passed final reading and became a law February 9, 1912.

City Physician's Letter

Prof. Harry Howell, Supt. City School:-

Dear Sir:—Enclosed you find the section requiring children to furnish certificates of vaccination or evidence by

means of scar of having been vaccinated or of having had the smallpox.

These sections show plainly my duty as Health Officer and your duty as Superintendent of City Schools.

As Health Officer of the City, I desire to make it plain to you that this law regarding vaccination of children before entering school next fall will be rigidly enforced and the Superintendent and Teachers will be held responsible for failure of children entering school before complying with the requirements of the above City Ordinance.

Feeling that this meets with your approval and desiring your hearty cooperation, I am,

Yours very truly,

C. V. REYNOLDS,

June 21, 1915. City Health Officer.

It is my duty to enforce strictly and faithfully the above ordinance and instructions. Therefore no pupil will be admitted to the city schools hereafter unless he or she has been successfully vaccinated or has had smallpox. I strongly advise that all necessary vaccinations be done during the vacation so that there will be no delay on the part of any child in entering school.

HARRY HOWELL,

July 10, 1915. Supt. City Schools.

SLEEPING PORCHES AND OPEN AIR SCHOOLS

"Have you noticed how many sleeping porches are being constructed in the city of Raleigh?" asked an observing visitor in the city recently. "It's the same way all over the country and I'm glad to see it," he said. "It is wonderful to note how the attitude has changed in the last year or two regarding sleeping porches, fresh air sleeping, and I might add open air schools.

"Why, no longer than two years ago, the sight of a sleeping porch in connection with any home was regarded as an open sign of tuberculosis in that home, but today it means a different thing. It means that that family's ideas of health and efficiency are not the old kind. They believe that the best conservation of health is the prevention of disease, and it's my opinion that dollar for dollar, the sleeping porch is the best health investment that a home can have. If it is second to any it is the bath room, but even then it has the advantage of being built and maintained much cheaper than a bath room.

"It's a fact," said he, "that in a few years a house will be considered more complete without a bath room than without its fresh air arrangements. And the same reformation that is rapidly taking place in the homes as to fresh air apartments will soon be seen in all the schools. All anæmic and abnormal children will soon be taught in open air schools, but I don't see why in this country and with this climate, every school might not be made an open air school."

—Press Article, North Carolina State Board of Health, July 29, 1915.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	94	94	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	94	94
Woman's Exchange	93	93	93
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore Cafe	90	90	90
Central Cafe	94	87	89
Sullivan's	86	89	88
Rea Cafe	90	84	86
California Lunch Room	80	80	80
Gold Sun	65	88	80
Home Cafe	75	77	76
Silver Moon	84	72	76
Royal Cafe	72	75	74
United States Cafe	73	60	64
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
Farmers' Ready Lunch	44	50	51
Mills' Lunch Room	30	58	48
Queen Lunch Room	35	50	54
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Pearson's Quick Lunch (colored)	60	60	60
Y.M.I. Restaurant (colored)	60	60	60
Williams' Restaurant	50	50	50
South Carolina (colored)	45	45	45

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.
ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.
PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.
EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.
WATER FOR CLEANING 20—Hot 15, Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.
EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10, Employees' Cleanliness 5.
FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.
GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1.....
Score for Methods.....; multiplied by 2.....
Total to be divided by 3.....
Final Score.....

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

MILK TEST FOR RETAIL DAIRIES, JULY, 1915

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Biltmore (certified)	1,000	5.4	1.032	14.6
Biltmore	11,000	5.2	1.029	13.8
Fenner Farm	12,000	4.8	1.029	13.2
White Pine (pasteurized)	12,000	4.6	1.032	13.6
Middlebrook	15,000	5.0	1.031	13.8
Melrose	15,000	4.2	1.033	13.4
Montford	16,000	4.8	1.032	13.8
Anandale	16,000	4.2	1.032	13.2
Oak Grove	18,000	4.2	1.030	12.6
Burnsville Hill	18,000	4.2	1.032	13.2
Wildwood	20,000	4.8	1.032	13.8
Pleasant Hill	22,000	4.0	1.030	12.5
Sevier	25,000	4.6	1.032	13.2
Fairview	25,000	5.0	1.028	13.2
Dryman Mountain	25,000	5.0	1.028	13.4
Sunset	28,000	3.8	1.031	12.5
Mountain Range	35,000	5.0	1.029	13.4
Laurel Springs	35,000	4.2	1.028	12.2
Maple Springs	40,000	5.0	1.032	14.2
Hazel Green	45,000	5.0	1.029	13.4
Locust Grove	50,000	4.6	1.032	13.6

MILK TEST FOR WHOLESALE DAIRIES, JULY, 1915.

	BACTERIA	*B.F.	*SP.GR.	*T.S.
Chas. Wilson	18,000	4.2	1.031	13.0
Elmer Carter	19,000	4.8	1.029	13.2
Hill Farm	20,000			
Carter Bros	25,000	4.2	1.029	12.5
William Scarborough	30,000	4.4	1.032	13.4
W. A. Baird	30,000	4.6	1.032	13.8
I. V. Baird	35,000	4.0	1.031	12.8
W. A. Swain	40,000	4.2	1.030	12.8
Stony Knob	41,000	3.6	1.030	12.0
Sam Griffin	45,000	5.0	1.029	13.4
D. Calloway	45,000	3.8	1.032	12.8
Garrison Bros	48,000	4.8	1.030	13.4
J. O. Baird	65,000	3.8	1.030	12.4

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); *Total solids (lega- minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indi cate adulteration.**

†Retired from business.

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 54

Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N. C., under Act of July 16, 1894.

Sept. 1915

The Mountain Girt City, the queen of "The Land of the Sky," where there is found an unexcelled climate; pure water; certified milk; tubercular tested cows; closely inspected dairies; pure food laws; abattoir, meat and restaurant inspection; flushed streets; swimming pool; alive with many attractions for the seeker of health and pleasure.

Proud of her national reputation of taking the initiative in public sanitation, she bids you welcome.

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

HEALTH AND THE POLICE DEPARTMENT

By Commissioner D. Hiden Ramsey

In several of the continental countries, the activities of the government leading toward the protection of the public health are properly listed under the Police Department. The Health Officer is a regular police officer vested with a particular kind of police authority and all the members of the police force owe to him an allegiance in the enforcement of all laws passed for the protection of the public health. In this country, however, the Health and Police Department have most often travelled along parallel lines, cooperating under the pressure of par ticular circumstances, but failing to realize the increased efficiency that would result from a persistently active and intelligent co-operation.

It is the ambition of the present administration to utilize to the utmost all the government possibilities of the twenty-eight men who compose the Police Department of the city. In their daily rounds which take them into all parts of the city these officers see many conditions which need remedying and if they travel their beats with eyes open to matters other than those requiring arrests they can render an invaluable service to the city. Primarily they are police officers clothed with the responsibility of enforcing the criminal laws of the city and state, but they are also the servants of the city in its entire governmental program.

Under the new system of daily reports each police officer must make a written report each day of all conditions on his beat that deserve the attention of any other official of the municipality. These reports cover such varied matters as fire hazards, sanitary nuisances, holes in streets, broken pipes, arc lights out, etc.

But it is peculiarly in the enforcement of the health laws that the police force can be of incalculable service to the city that it serves. The condition of the city finances renders it impossible for the Health Department to employ a large number of inspectors. But if the work of these inspectors can be supplemented by the activities of the twenty-eight members of the Police Department, we could soon boast of the most completely inspected town in the South. A simple warning from a uniformed officer would be all-sufficient to persuade most citizens to abate any sanitary nuisances on their premises, but if needs be, this warning can be followed up by the threat of arrest, or the actual arrest; and there are few residences and business buildings which are not visited by the police department in its daily routine duties.

After all, the best work of the department must necessarily lie in the field of prevention, whether it be prevention of crime or the prevention of disease. It is this preventive standard by which the efficiency of a police force must be judged.

—D. HIDEN RAMSEY.

POLICEMEN, IMPORTANT FACTORS IN HEALTH WORK

In dealing with the people and endeavoring to secure their co-operation in sanitation, thereby protecting themselves as well as others, we must take into consideration the intelligence of the individual with whom we are conferring. Ascertain whether or not he has an enlightened or active conscience.

Conscience, then, may represent for us the moral standard of the community or individual. In all communities there are individuals who have a superior conscience, enlightened and active, which compels them to do their duty toward themselves and their fellowmen, producing a personal pleasure and satisfaction on one hand and pain and disappointment on the other hand.

The violators of the sanitary law who have this superior form of conscience should be punished severely.

There are individuals who are not blessed with a superior conscience, but through association, environment, lack of education and habit, have an inferior, blunted or dormant form of conscience and a transgression from this blunted conscience, by violators of the sanitary or other laws, gives self-approval and pleasure rather than pain.

Taking these facts into consideration, it would be wise, in my opinion, to first speak with, encourage and in every way make an effort to transform this blunted conscience into an active one, not by prosecution, until first we have used the plan of encouragement.

To the lawless, indifferent and constant violators of your suggestions and encouragement, prosecution should be resorted to with vigor and persistence.

Prior to 1840, in America, constables and night watchmen were relied upon for the control of crime, the able-bodied citizens taking turns as watchmen. "A thoroughly good system of police did not exist, nor was it possible, until society had so far advanced that the public was consistent on the side of law and order, and opposed to violence and crime."

Today New York City has 10,382 policemen, maintained at an annual expense of $15,000,000.00.

This vast sum of money in New York City and almost a proportionate sum throughout the civilized world is expended for the primary object of *prevention* of crime, the protection of life and property, and this is done for the assurance of a life of peace, quiet, health and happiness.

As I see it, gentlemen, the public places a great responsibility on you in trusting you with the safety of life and property and expects that sacred trust to be safeguarded.

My object in coming before you this evening is not to discuss the general duties of police, but to limit myself to what may be termed your duty to the people in the detection of criminal carriers and producers of disease; your part in the detection of the violators of the sanitary laws, the prevention of disease, produced by the violators of sanitary laws, and to remind you that should it be due to ignorance, indifferance, carelessness and maliciousness, the result, particularly in regard to the preservation of health, is the same, and always disastrous.

Section 624-677 of the City Code makes it your duty to report to the sergeant on duty, immediately on discovery of same, all cases of contagious disease, the location of same, or any condition which may expose the city to danger from fire, the location of such condition, any obstructions in the streets or alleys of said city, any nuisances existing in the city, and any other matter coming under their observation, which ought to have the attention of the Mayor and Board of Commissioners.

Sec. 624. That it shall be the duty of the subordinate policemen of said city to patrol the streets thereof; to arrest all rioters and disturbers of the peace therein; to suppress and disperse all illegal assemblages; to promptly execute all warrants and other process, lawfully coming into their hands; to promptly report all violations of the ordinances of the city or of other laws, occurring within the city; to obey and promptly execute all orders given them by the Mayor, Board of Commissioners, Chief of Police, or any member of the Board of Commissioners; they shall prevent, if possible, any injury to any property, real or personal, belonging to said city, or any injury to the streets or sidewalks of said city; and shall promptly report to the sergeant of police on duty any defective or improper condition existing in any department of the city government and coming under their notice or observation; and shall perform such other duties as may from time to time be required of them by the Board of Commissioners of said city.

If we should consider for a moment the various departments in Asheville's legislative body as one large chain—it is only as strong as its weakest link—then to construct an enviable chain, each link must be of sound structure, and firmly interlocked to its associate on either side. United we are strong—co-operation means proficiency—lack of unity means failure.

Dr. S. S. Goldwater, Commissioner of Public Health of New York City, recently made the following remarks:

"Of all the city employees, the policeman, from the very nature of his duty and the circumstances under which he works, comes into the closest personal relation with the people. He should be the first to notice insanitary conditions and to do his part toward their betterment, either by personal effort or by reports to other city departments charged with the control of such matters. Already the moral guardian of the community, he should keep an eye on its health and surroundings."

Commissioner Goldwater has quite wisely urged the policemen to do this work rather as a friendly neighborhood adviser than as a stern impersonation of the law. Necessarily the policeman has limitations as a health officer, but it is obvious that, in connection with nuisances particularly, he does not require a great deal of training.

In New York City arrangements are under way to include in the regular curriculum of the training schools for new policemen a course of lectures and instructions in health matters. It is obvious that in a very large number of our health departments there are insufficient inspectors to make the necessary frequent inspections of their districts. The greater the number of inspectors the greater the number of nuisances that will be discovered. The size of the policeman's beat is necessarily very much smaller than the district covered by a sanitary inspector.

Mr. Selsker M. Gunn, editor of the American Journal of Public Health, summarized the four main advantages of such a plan of co-operation as follows:

1. Increase the efficiency of public service in the amelioration and prevention of nuisances, and a resulting cleaner and more decent city.

2. Health Departments able to devote more of their time to health work and to bring about healthier communities.

3. The development of co-operation between police and health departments.

4. No added cost to city.

"There does not seem to be any occasion to alter conclusions. Co-operation is a good slogan for health departments and is apt to mean more than economy and efficiency."

In the January, 1915, Bulletin of the Health Department you will find a compilation of ordinances enacted since the publication of Bourne's Code, and it seems to me it would be advisable for you, as policemen, to secure that number and study all these ordinances, so that you may aid with intelligence, and arrest, if necessary, with the full knowledge of the law in your mind.

A few examples will be named to show you how beneficial it would be to the city of Asheville as well as the Health Department should you take a deeper interest in this matter.

CLOTHES

See Bourne's Asheville Code

Sec. 499—Second-hand clothes.

Sec. 713—Selling second-hand clothing.

CUSPIDORS

See Bourne's Asheville Code

Sec. 756—In public places.

DEFACING PROPERTY

See Bourne's Asheville Code

Sec. 816—Injury to bridges and construction drains.

DIRT

See Bourne's Asheville Code

Sec. 810—Depositing dirt on streets forbidden.

Sec. 833—How hauled over streets.

EXPECTORATION

See Bourne's Asheville Code

Sec. 758—Anti-expectoration.

FOOD

January Bulletin

Sec. 1—To be covered.

GARBAGE

January Bulletin

Sec. 1—Receptacles for collection of.

Sec. 6—Hauling swill, night soil, etc., through streets forbidden.

See Bourne's Asheville Code

Sec. 311—Owners to keep buildings free from rubbish, trash, etc.

Sec. 776—Waste paper and other matter from billboards to be cared for.

Sec. 835—Throwing of fruit, etc., on street forbidden.

ICE CREAM

January Bulletin

Sec. 1—Peddling on street forbidden.

JUNK DEALER

See Bourne's Asheville Code

Sec. 740—Register to be kept by.

MEAT

See Bourne's Asheville Code

Sec. 838—Fresh meats, how hauled through streets.

MILK

See Bourne's Asheville Code

Sec. 516—Delivery of during quarantine.

QUARANTINE

January Bulletin

Sec. 16—Room quarantine.

Sec. 17—House quarantine.

Sec. 21—Withdrawal of children from school.

Sec. 34—Selling food, beverages and milk forbidden.

Sec. 39—Dairymen.

SIDEWALKS

See Bourne's Asheville Code

Sec. 805—Merchandise exposed for sale on sidewalk forbidden.

SLAUGHTER HOUSE

See Bourne's Asheville Code

Sec. 495—How hides are kept.

SMOKE

January Bulletin

Sec. 9—Prevention of smoke nuisance.

STABLES

See Bourne's Asheville Code

Sec. 487—Filthy stables forbidden.

Sec. 488—Exposure of horse manure.
Sec. 489—Horse stables, how kept.

SWILL

See Bourne's Asheville Code

Sec. 465—Not to be thrown on street.
Sec. 501—How carried through streets.

WAGON YARDS

See Bourne's Asheville Code

Sec. 863—License for.

WASTE MATERIAL

January Bulletin

Sec. 1—Waste material not to be deposited on vacant lots.
Sec. 1—Throwing of broken glassware and articles with sharp edges on streets forbidden.

WEEDS

See Bourne's Asheville Code

Sec. 500—Ragweed, destruction of.
Sec. 504—Weeds on lots, height of.
Sec. 738—Banks of streams to be kept free from.

I have taken up only a few of the ordinances in the compilation referred to, which will indicate to you how closely we are linked together in our work for the preservation of health.

We are proud of our initiative in many sanitary and health reforms and glad to know that our success has caused other cities to become benefited thereby. The co-operation of the police department with the sanitary department for better health has been thought of before, but it has never been tried out. Convinced as I am of the great good you gentlemen can do in the prevention of disease and the preservation of health, may I appeal to you to aid me in proving to the world that the police are indispensible factors in health work, and again Asheville's police will have the honor of establishing this as a fact.

—C. V. REYNOLDS, M. D.

REPORT OF HEALTH DEPARTMENT FOR MONTH OF AUG. 1915

Mr. Frady reports:

Loads trash hauled	581
Dead animals hauled	312
Miles streets flushed	150
Rooms fumigated	87
Sanitary closets cleaned	500
Sewer connections made	27

Mr. Bird reports:

Yards inspected	350
Stables inspected	164
Closets inspected	65
Special inspections	25

Dr. McCormick reports:

Typhoid examinations	14
Diphtheria examinations	40
Hookworm examinations	6
Malaria examinations	2
Tuberculosis examinations	4
Milk tested	16
Water tested	22

Mr. Ledbetter reports:

Dairy inspections	36
Wagon inspections	132
Bacterial counts	132
Butter fats tested	43
Stable inspections	17
Restaurant inspections	36
Bakery inspections	3
Creamery inspections	12
Outside market inspections	15
Abattoir inspections	23
Animals inspected	489
Pounds meat condemned	60

Mr. Patton reports:

Animals inspected at market	464
Pounds meat condemned	1451

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Broadway Cafe	94	98	96
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	94	94	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	94	94
Woman's Exchange	93	93	93
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore Cafe	90	90	90
Central Cafe	94	87	89
Sullivan's	86	89	88
Rea Cafe	90	84	86
California Lunch Room	80	80	80
Gold Sun	65	88	80
Silver Moon	84	75	78
Home Cafe	75	77	76
Royal Cafe	72	75	74
United States Cafe	73	60	64
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
Queen Lunch Room	35	50	54
Farmers' Ready Lunch	44	50	51
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Pearson's Quick Lunch (colored)	60	60	60
Y.M.I. Restaurant (colored)	60	50	53
Williams' Restaurant (colored)	50	50	50
South Carolina (colored)	45	45	45

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCT ON 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4 Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—K nd. quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensi s 5.

WATER FOR CLEANING 20—Hot 15 Cold 5—Tota 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... .....

Score for Methods.....; multiplied by 2..... .....

Total to be divided by 3..... .....

Final Score..... .....

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

.....

MILK TEST FOR RETAIL DAIRIES, AUGUST, 1915

	BACTERIA	*B.F.	†SP.GR	°T.S.
Biltmore (certified)	1,000	5.4	1.029	13.8
Biltmore	14,000	5.2	1.032	14.4
White Pine Creamery(Pasteurized)	16,000	4.6	1.033	13.8
White Farm	17,000	5.2	1.032	13.8
Middlebrook	18,000	5.2	1.032	14.4
Fenner Farm	20,000	5.0	1.029	13.4
Oak Grove	20,000	4.4	1.032	13.4
Wildwood	25,000	4.8	1.032	13.6
Maple Leaf	25,000	5.0	1.032	14.2
Sevier	30,000	4.6	1.031	13.4
Dryman Mountain	30,000	5.0	1.027	12.9
Burnsville Hill	34,000	4.8	1.030	13.4
Reidsville Dairy	35,000	5.0	1.028	13.2
Anandale	35,000	4.4	1.030	13.8
Oak Springs	35,000	3.5	1.028	12.0
Sunset	36,000	4.8	1.031	13.6
Melrose	36,000	4.0	1.032	13.4
Montford	40,000	5.2	1.029	13.4
Pleasant Hill	40,000	4.4	1.029	12.6
Laurel Springs	45,000	4.0	1.029	12.2
Mountain Range	45,000	5.0	1.029	13.6
Locust Grove	75,000	4.6	1.032	13.0
Hazel Green	80,000	3.6	1.030	12.2

MILK TEST FOR WHOLESALE DAIRIES, AUGUST 1915.

	BACTERIA	*B.F.	†SP.GR.	°T.S.
Emma Farm	20,000	5.0	1.030	14.2
Stony Knob	30,000	4.8	1.029	13.0
Hill Farm	30,000	5.0	1.029	13.4
Elmer Carter	35,000	5.0	1.032	14.2
Chas. Wilson	38,000	4.4	1.029	13.8
J. O. Baird	42,000	4.2	1.028	12.4
I. V. Baird	56,000	4.8	1.031	13.5
Scarborough	57,000	4.6	1.031	13.4
Garrison Bros	59,000	4.0	1.029	12.2
W. A. Swain	60,000	4.6	1.031	13.4
Baird's Cove	60,000	4.8	1.029	13.2
Sam Griffin	80,000	4.8	1.029	13.2
Carter Bros	94,000	4.4	1.031	13.2
W. A. Baird	130,000	4.2	1.031	13.8
D. Calloway	165,000	4.4	1.030	13.0

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

*Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); °Total solids (lega- minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indi cate adulteration.

†Retired from business.

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 55 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N.C., under Act of July 16, 1894. | Oct. 1915

OPPORTUNITY

The nation's future depends upon her children; the children are dependent upon the adult public. Health and education will be their greatest assets.

DO NOT DEFER NOR NEGLECT

Make good your sacred trust; do not sacrifice health for education. Do not allow your children to grow up physically unfit by attending a school totally inadequate for either health or educational purposes.

—C. V. Reynolds, M.D.

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B. FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

REPORT OF HEALTH DEPARTMENT FOR MONTH OF SEPTEMBER, 1915

Mr. Frady reports:

Loads trash hauled	768
Dead animals hauled	160
Miles streets flushed	150
Rooms fumigated	104
Sanitary closets cleaned	500
Sewer connections made	6

Mr. Bird reports:

Yards inspected	295
Stables inspected	97
Closets inspected	237
Special inspections	37

Dr. McCormick reports:

Typhoid examinations	2
Diphtheria examinations	39
Tuberculosis examinations	2
Milk tested	34
Water tested	2
Special meat inspections	2
Special inspections	6

Mr. Ledbetter reports:

Dairy inspections	38
Wagon inspections	118
Bacterial counts	112
Chemical analysis	35
Restaurant inspections	32
Bakery inspections	3
Creamery inspections	12
Outside market inspections	22
Special yard inspections	8
Abattoir inspections	21
Animals inspected	557
Pounds meat condemned	115

Mr. Patton reports:

Animals inspected at market	585
Pounds meat condemned	1186
Gals. oysters condemned	25

THE CONSERVATION OF HUMAN LIFE

Conservation, as we use the term, is the art of preserving from loss and injury our resources, or anything that is needed for the welfare of the present and future generations.

There is a great fear that we are not conservative enough; that we are despoiling the forests without any consideration as to what the future will do without them; that we are destroying the productiveness of the land and that we shall exhaust soon the mines. Though these and other natural resources are of great importance to us, they are of more importance to the future generations; therefore, we owe it to them to see that our nation is more conservative and that it thinks of the future as well as the present.

But is this all that we owe to ourselves and the nations yet unborn? Do these resources make our greatest wealth? No, the citizen is the most valuable asset to the American people, and perfect citizens should be our highest aim. The primary requirement to be met in order that one may be regarded as perfect in all respects, is that of physical fitness.

Granted then that the citizen is our most valuable possession and that in order to be perfect this citizen must first be physically fit, let us consider the chief hindrance to this perfection—that is, disease.

The great spread of disease is due to the carelessness of the people. People have not, until quite recently, and not even now all over the United States learned to keep their yards and houses clean. Old cans and waste food have been left lying about, making perfect breeding places for millions of flies. With all this before us, is it a credit to our common sense to make such remarks as: "Oh, where do all these flies come from? I just cannot seem to get rid of them." Would it not be better to remove the cause of such pests, and then kill off those that remain, than to continually "swat the fly" and hope to get rid of them without removing the cause?

Every time a fly lights on a morsel of your food, you run the risk of contracting and dying from some terrible disease, for flies are disease carriers, and therefore a menace to our highest aim: perfect citizens.

* * * * * *

It is not only in the repulsive looking trash piles that disease carriers are bred, for mosquitoes are death's workers as well as the flies, but unlike the flies, they may choose very pretty places for their homes, namely, the pretty lily-covered pools in our gardens. As far as beauty is concerned, the pools with their dainty white lilies add greatly to the loveliness of a garden, but all the pleasure which can be gotten from them could not make up for the sadness which would come to us if one of our loved ones should be made an invalid for life or be taken from us by a disease contracted from one of these mosquitoes. These pools should be done away with and splashing fountains should replace them, for one mosquito lays two hundred to four hundred eggs, and in the warm summer months the eggs hatch in from sixteen to twenty-four hours. Think of how many mosquitoes can be bred in one pool. It is in the warm southern states that the mosquitoes thrive, therefore it is there, more than anywhere else, that the people suffer from malaria and yellow fever.

A few years ago no one knew how malaria and yellow fever were spread, though people had been dying from them for two or more centuries. It was thought at first that the diseases were caused by foul gases emanating from swamps, marshes and decomposing vegetable matter, but later it was proven by Jess Sazear, the American, and Ross, a surgeon in the English Army, that these diseases were spread only by mosquitoes.

* * * * * *

So far we have only considered the sanitary conditions of the outside of the houses. This is very important, and is essential to the welfare of the people, but there is much more to the question, and we will now take up the housing conditions.

All houses should be kept airy and clean, but it is very important that the boarding houses, especially those that take people suffering from tuberculosis or any other wasting disease, be kept more so than the others.

Some boarding houses are old and have old-fashioned carpets tacked to the floor; heavy furniture which is very hard to move and therefore is not moved except when spring cleaning time come around, and even though it is hard to believe, not then, sometimes.

Some beds are wooden with elaborate carving. These are very hard to clean and the carvings are always ladened with dust, which is a germ carrier. The windows in these houses are usually small and are insufficient to admit the sunshine and fresh air, which is need-

ful by all for good health; for sunshine, fresh air and pure water are the best cures for tuberculosis.

As these houses are old, so is the plumbing, but it is essential for good health that the sewers should be made as nearly self-cleansing as possible so as to prevent deposits and the formation of gases as these are very dangerous and common causes of diseases.

It is not only by these poorly maintained boarding houses that physical fitness is hindered, but it is in the crowded department stores, factories, mines, tenement houses and schools that we find the thin, emaciated, pale and drooping citizens.

* * * * * *

In a great many schools the rooms are crowded, poorly lighted and ventilated, and every room in the building is kept more for the comfort of the teacher than in consideration of the pupils. What child can accomplish anything under such conditions? It is almost inevitable that they every one catch cold. The stronger ones may be able to soon throw off their colds, but the weaker ones are not so fortunate, and have one continuous cold all winter, breaking down their already too delicate health and leaving them with pneumonia, and very often with tuberculosis.

In most every factory, the conditions are even worse than those of the schools, and the employees suffer very much more than the children, for they are at their work all day, while the children have to be at school only a part of the day.

After working hard all day in those ill-kept factories, the poor laborers go to their homes which are in the crowded tenement houses of some large city. Here they are not much better off than when they are at work, for their rooms are badly lighted and sometimes, although it seems too horrible to be real, their air has to pass through another room before it reaches theirs. It is quite natural that such unhealthy conditions as these would make people mentally as well as physically weak.

But we trust our lives to them, for it is they who can a great part of the food we eat in the winter time.

* * * * * *

Canned food is very dangerous if it is not put up properly, for the tin can forms a very dangerous poison, which will kill you, therefore we should be very careful where we get our food. Of course you value your life, but did you ever stop to think how many times you are flirting with death? When you eat a piece of meat you are in danger of contracting some disease or being poisoned, for cold storage meats are very poisonous if they are once taken out and kept too long. Cold storage meat is not the only kind of dangerous meat, for diseased meat is even more dangerous than the other. It is very possible and probable that the farmer has sold a tuberculous cow to the butcher and the butcher has sold the meat to you, and from that very piece of meat you run the risk of contracting tuberculosis. Think how a careful selection of the food we eat would help to save us, as well as many others, from the ravages of disease.

* * * * * *

Let us now consider the dangers of milk and water. There is nothing so good for you as pure water, but nothing could be more dangerous than the impure.

Do we always stop to consider whether or not the spring is clean before we drink from it, when we are hot and thirsty from walking or climbing? No, there are only a few who are prudent enough for that—the majority let their thirst overcome their common sense and drink, regardless of what may come of it.

One requirement of a good spring is a porous surface rock, through which the surface water can filter. For this surface water may carry in the contaminations

from barns, surface closets and houses, thus causing typhoid fever and other intestinal diseases.

Milk may be another dangerous source of these diseases. It may be the vessels are not cleaned, or the milk may be infected with typhoid fever and diphtheria germs by human "carriers."

In our own town two years ago there were four cases and one death from typhoid fever. A thorough inspection of the water supply, plumbing, etc., proved futile, but the search for the cause was not ended here, for it was learned that all four victims were receiving milk from the same dairy. This led to a thorough inspection of the dairy, which proved negative as to sanitation, which led in turn to an examination of the employees, and then it was found that the wife of one of the milkers was a "carrier" and the cause of the trouble. She and her husband were removed from the dairy and no further cases developed.

* * * * * *

Human "carriers" recall to the mind days when people were burned for being possessed by the devil or having the "evil eye," which was superstition based on unproven facts. Just such people as these "carriers" may have caused this superstition, thus causing the authorities to use the only means known at the time of ridding the community of such dangerous people.

Surely Mary Wallen, or "Typhoid Mary," the "human culture tube," who was responsible for so many cases and deaths of typhoid fever by her unwillingness to co-operate with science for the good of humanity, would have been burned at that time for possessing the "evil eye." Mary is a cook who is immune from typhoid fever, but who started an epidemic of the fever wherever she was employed. At first she was ignorant of the fact that she was a "carrier," but when it was proven by Dr. Loper, and she was told the truth, she refused to believe it, and fought desperately for her liberty. In 1907 she was taken to North Brother Island, where she was confined for a while, but afterwards released on a parole. She had to report frequently to the Board of Health and was not allowed to cook under any circumstances. For about three months she complied with these conditions, but at the end of that time she had vanished and the Department of Health knew nothing concerning her whereabouts until there was an epidemic of fever at the Doane Hospital. There they found her cooking under an assumed name. She was taken back to North Brother Island, but not without causing a great deal of trouble. Mary has been responsible for over seven epidemics, but she is not the only "carrier," for there are 200,000 people in the United States who can start as many epidemics as Mary Wallen.

The 1913 mortality statistics show 11,323 deaths from typhoid fever within registration area alone. Allowing the same rate for the remaining area, the deaths for 1913 are brought up to a total of 15,097 which implies about 216,000 cases for the year's record.

When we stop to consider this enormous waste of life we are appalled. It seems too great and terrible for our poor, weak minds to grasp, but our nation in the last few years has awakened, as if from a dream, to the horrible reality, and is now making rapid strides to prevent this useless waste of life, and is doing everything that is possible to perfect her citizens. Increased knowledge of disease made it possible to discover the true cause, thus enabling the public health workers to prevent, to a great extent, its spread.

For example, when it was discovered in Cuba that mosquitoes were the cause of so many cases of yellow fever, Major Reed and Dr. Carroll began a fight against the mosquitoes. First they

would not allow any new cases to be brought in by the boats; every ship that had had yellow fever patients on it was fumigated. After this was well under way, they began this work in the cities. Every house was screened and yellow fever patients were watched for. As soon as a new case was discovered, the patient was taken to a hospital and his house was fumigated. Their rain barrels and cisterns were destroyed, sewerages and pools were drained and the old water works (two or three Spanish wells) was replaced by sewer and good water pipes. In this way, Cuba was freed from yellow fever within a year.

* * * * * *

Laws regulating the control of disease have also been a great aid to the Health Departments. They have given the officers power to act. For instance there are some people who do not realize or will not realize what a menace they are to the public health when they or any member of their family is afflicted with a communicable disease, and refuse to be quarantined, but now the law requires them to be quarantined for a certain length of time, and the officers have the power to enforce this law.

Another example illustrating the good work of these laws is in the army. It is compulsory that every soldier in the army be immunized against typhoid fever and smallpox. Before this law went into effect there were as many lives lost in the army from these two diseases as were killed in our wars, but since then the death rate from these diseases has practically been eliminated, as borne out by the freedom from typhoid of the troops encamped in Texas in the spring of 1911, when there were only two cases, and those cases had not been immunized. The same may be said as to the protection of the soldiers against smallpox through vaccination.

* * * * * *

We have considered the great waste of human life, and also the prevention of this waste, but in order to conserve mankind, we must annihilate disease for as Henry Drummond says, "Christianity wants nothing so much as sunny people."

With disease attacking the vital forces of man and unbalancing the perfect organism, who could expect happy and healthy people? Until this agent of waste is overcome, we cannot expect physical fitness in our citizens. For even the old Greeks had a maxim, "a sound mind in a sound body."

The health workers may have laws enacted guiding, controlling and protecting the contraction and spread of disease. These laws may be enforced, but the desired effect can never be attained unless it meets with the hearty co-operation and united effort of all our people. —A. J. R.

REPORT SUMMARIZING ACTIVITIES OF POLICE DEPARTMENT MONTH OF SEPTEMBER, 1915

Sanitary nuisances	25
Sanitary nuisances attended to by Police Department	11
Unlocked doors	15
Dangerous places in streets, broken pipes, etc	62
Arc lights out	32
Fires on beats	4
Fire hazards reported to Building Inspector	37
Accidents attended to by Policemen	9
Lost children restored to parents	5
Lost and stolen property recovered	$1,388.81
Whiskey seized	17 gals. ½ pt.
Property owners notified	68
Jurymen summoned	6
Burglar calls answered	7

MILK TEST FOR RETAIL DAIRIES, SEPTEMBER, 1915

	BACTERIA	*B.F.	†SP.GR	°T.S.
Biltmore (certified)	8,000	5.8	1.035	15.6
Biltmore	10,000	5.4	1.032	14.4
White Pine Creamery (Pasteurized)	12,000	4.4	1.0296	12.8
Mountain Springs	15,000	4.4	1.033	13.6
Fenner Farm	18,000	5.2	1.0317	14.3
Burnsville Hill	20,000	4.4	1.029	12.6
Hazel Green	20,000	4.0	1.0318	12.7
Middlebrook	20,000	5.0	1.032	14.2
Wildwood	20,000	4.6	1.029	13.0
Laurel Springs	22,000	4.6	1.0296	13.2
Dryman Mountain	25,000	4.6	1.029	13.2
Oak Grove	25,000	4.4	1.032	14.4
Sunset	27,000	4.6	1.031	13.4
Maple Springs	29,000	5.0	1.032	14.2
Maple Leaf	29,000	5.0	1.0326	14.2
Oak Springs	30,000	4.6	1.032	13.6
Sevier	30,000	5.0	1.032	14.2
Locust Grove	35,000	4.8	1.032	13.2
Pleasant Hill	35,000	4.4	1.0314	13.2
Anandale	45,000	5.0	1.032	14.2
Mountain Range	50,000	5.2	1.0317	14.2
Reidsville	60,000	5.0	1.029	13.4

MILK TEST FOR WHOLESALE DAIRIES, SEPTEMBER, 1915

	BACTERIA	*B.F.	†SP.GR.	°T.S.
Stony Knob	20,000	4.4	1.0318	13.3
W. A. Swain	23,000	4.6	1.0325	13.7
Emma Farm	25,000	5.0	1.0315	14.0
Scarborough	40,000	4.6	1.0325	13.7
Gaither Hill Farm	40,000	4.0	1.0324	13.2
D. Calloway	43,000	4.4	1.0321	13.4
Baird's Cove	50,000	4.8	1.0295	13.2
Carter Bros.	50,000	4.4	1.0325	13.4
Elmer Carter	54,000	5.0	1.0325	14.3
I. V. Baird	64,000	4.8	1.036	13.8
W. A. Baird	65,000	4.4	1.030	12.5
Garrison Bros.	65,000	4.0	1.031	12.4
J. O. Baird	75,000	4.5	1.030	13.2
Sam Griffith	75,000	4.8	1.0302	13.5
Champion	100,000	4.8	1.032	13.8

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

*Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); °Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Broadway Cafe	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	94	94	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	94	94
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore Cafe	90	90	90
Central Cafe	94	87	89
Sullivan's	86	89	88
Rea Cafe	90	84	86
California Lunch Room	80	80	80
Gold Sun	65	88	80
Silver Moon	84	75	78
Home Cafe	75	77	76
Royal Cafe	72	75	74
United States Cafe	73	70	71
Dixie Cafe	64	52	56
Mills' Restaurant	48	60	56
Queen Lunch Room	35	50	54
Farmers' Ready Lunch	44	50	51
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Pearson's Quick Lunch (colored)	60	60	60
Y.M.I. Restaurant (colored)	60	60	60
Williams' Restaurant (colored)	50	50	50
South Carolina (colored)	45	45	45

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15 Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... ----------

Score for Methods.....; multiplied by 2..... ----------

Total to be divided by 3..... ----------

Final Score..... ----------

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.).....

BULLETIN

OF THE

HEALTH DEPARTMENT

ASHEVILLE, N. C.

No. 56 | Entered as second-class matter, September 28, 1910, at the Post Office, Asheville, N.C., under Act of July 16, 1894. | Nov. 1915

CANCER

"In the health of the people lies the wealth of the nation."

—*Gladstone.*

Health Department City of Asheville

COMMISSIONERS

J. E. RANKIN D. HIDEN RAMSEY
J. G. STIKELEATHER

C. V. REYNOLDS, M.D., Health Officer; Phones: Residence, 174; Office, 15.

J. B. FRADY, Sanitary Inspector; Phones: Residence, 2593; Office, 152; Stable, 294.

L. M. MCCORMICK, City Bacteriologist, and Meat and Milk Inspector; Phone 152.

D. LEDBETTER, Assistant Meat and Milk Inspector; Phone 152.

ERNEST ISRAEL, City Plumber; Phone 44.

J. L. ENOCH, Plumbing Inspector; Phone 2727.

WEAVER WILSON, Water Superintendent; Phone 44.

Population { White - 15,000 / Colored - 5,000 } **20,000**

CANCER

In our fight for sanitation, prevention of disease and the preservation of health, it seems to me that it would be consistent, when we realize that all communicable, contagious and infectious diseases are being lessened and the death rates lowered from infancy to middle age and the reverse is encountered from middle age on, that we look into the one disease that increases the death rate by adding to the mortality tables 125,000 names annually, to-wit: **cancer,** a disease, the cause of which is unknown, but which is preventable and 90% curable by early recognition and immediate operation.

Believing that all Health Boards, newspapers, magazines and other distributing agencies should use every effort to add their mite in preventing suffering and death, this issue will be devoted entirely to a few gleanings from various sources in the hope that an impressive picture of the dangers due to neglect will be constantly before you and that many lives may be saved.

There are several forms of cancer and various locations for the growth of cancerous tissue—cancer of the breast, cancer of the stomach, cancer of the uterus (womb), cancer of the skin, cancer of the genito-urinary organs (kidney, bladder, prostate, etc.)

In the year 1913 in the registered areas of the United States 75,000 people died of cancer. As the registered area only includes about 60% of the population, the number of deaths annually must be 125,000 or more.

In adults after the age of forty, cancer is one of the most frequent causes of death. Now that tuberculosis has to a certain extent been controlled, some statisticians claim that cancer is a more frequent cause of death than tuberculosis in people over forty.

It was recently stated that in Iowa cancer ranked third in the causes of death in adults over forty, tuberculosis sixth. These figures were taken from a recent investigation in that state which is yet in the unregistered area.

The majority of the 75,000 and more who die annually of cancer are adults, vigorous, healthy, bread-earners and family-rearers of this country. The mother is most apt to get cancer of the uterus. It is usually the well-nourished woman who gets cancer of the breast. It is the vigorous man over forty who is more apt to suffer from cancer of the lip, tongue and stomach. On the whole, cancer is more apt to attack the healthy and robust. This information, about which

there is no disagreement, shows the economic value of the control of cancer, as we are protecting the strongest and more essential members of the race.

The most important fact to know and remember is that cancer, primarily, is strictly a local disease, and does not affect the blood, or distant tissues, until late in its course. As long as it is local it is easily, quickly and permanently curable. The symptoms of cancer are at first so obscure that it is difficult for a skilled physician, much less the patient, to recognize it with certainty in its earliest stage. There is often, however, a precancerous condition, and if this is recognized and prompt action taken the disease may be eradicated and the cancer prevented. A single day's delay may be fatal.

Cancer, contrary to popular belief, is in all probability not a heriditary disease. While there are many coincidences, and a great number of people are victims of cancer developing in successive generations, the best statistics on the subject do not indicate that the disease is heriditary or even that the tendency to the disease is heriditary.

Cancer of the Stomach

Cancer of the stomach caused 26,000 deaths in 1913, or 35% of all cancers. Unfortunately, there is no one definite sign whereby one can tell cancer of the stomach in its early stage. In its later stages the cancer tumor can usually be felt through the abdominal wall, unless it is on the back portion of the stomach. But the chances for a recovery, when the tumor can be felt, are small. Any one having pains in the pit of the stomach for a week or two, or indigestion for that long, should take a purge and fast, or eat very little for three or four days. If the pain and symptoms of indigestion continue after the first or second day, one should go at once to the best stomach expert he can find and undergo a thorough examination.

Cancer of the Breast

Cancer of the breast caused 18,000 deaths in 1913, or 25% of all cancers. Cancer of the breast is second in frequency only to cancer of the stomach. Of the 75,000 estimated deaths from cancer throughout the United States in 1913, 26,000 were due to cancer of the stomach and more than 18,000 to cancer of the breast. Virchow believed that the stomach was responsible for 35 per cent of all cancers in the body. It has been customary to estimate that the breasts are responsible for 25 per cent. This much is certain: to the stomach belongs the melancholy distinction of being the organ of greatest vulnerability, while the breasts and uterus have almost equal claims to second place. This explains why in Great Britain **one woman out of every eight over thirty-five years of age dies from cancer, while the death rate in males is only one in eleven.** Although men suffer more frequently from cancer of the stomach, the large number of cancers of the breast and uterus make it plain why women pay the heavier toll to this frightful scourge.

Any tumor, lump, cake, weed or swelling in the breast, more especially in those who are not nursing children, demands a careful examination at the hands of one's

family physician, and, if he is in the slightest doubt as to its nature, the opinion of a specialist should be asked. **It is a well established fact that any such swelling or tumor, however innocent at first, tends, with time, to become cancerous.** Cancer is more than four times as common as benign tumors, which means that any lump in the breast has four chances out of five to be malignant instead of benign. As no one can tell when a blow may be received, or when one's normal resistance may diminish, or when other influences, however indefinite, may become operative and tend to excite malignancy, one should beware of delay.

Cancer of the Uterus (Womb)

25%, or one-fourth of all cancers in women, are cancers of the womb.

Cancer of the womb is so frequently accompanied by suffering, so severe, and the death caused by it is so dreadful, no woman should be ignorant of its early signs, but should be equipped with knowledge which would enable her to detect the disease at its earliest appearance and place herself in a position for a complete cure.

The condition or signs which should make all women suspicious of cancer of the womb can be enumerated in the order of their occurence as follows:

Symptoms

1. Leucorrhœa (a white discharge) slightly tinged with blood at any time between the menstrual periods or after the menopause or change of life.

2. A distinct bloody discharge at irregular times between the monthly periods with more than usual flow at the periods or any bloody discharge after the change of life.

3. Feeling of fullness or distress, or pain centrally located, low down in the vagina.

4. Feeling of general weakness with beginning loss of flesh.

Every woman over 35 years of age who develops these symptoms should immediately insist upon a careful vaginal examination by the best physician she can secure.

Cancer of the Skin

1% of all deaths due to cancer are caused by cancer of the skin. Cancer of the skin is by no means a rare disease; in fact, it is not even an unusual one. If the United States Census Reports are to be believed, it is distinctly on the increase in America. The mortality records of the Census Bureau show that for the ten years ending with 1909, out of every 100,000 deaths, cancer of the lip or skin caused 918; or nearly 1 per cent of all deaths are caused by cancer of this portion of the body. The same reports show a steady increase in deaths from this type of cancer, there having been but 600 in 1900 and 1,500 in 1909. In the fourteen years from 1897 to 1911 the members of the American Dermatological Association reported a total of **370,000 cases of diseases of the skin, and of this number 1.6 per cent were of cancerous nature.** It should be remembered that the dermatologists do not see the severe cases of skin cancer, for such cases usually consult a surgeon, hence it is certain that these figures are too low, and that nearly 2 per cent of all skin diseases are cancerous.

Pigmented Moles

Pigmented moles sometimes give birth to a very deadly type of cancer, a type that nearly always kills its victims within two years. As a general rule one of these moles does not "go bad" unless subjected to a considerable amount of irritation, as from the rubbing of some article of clothing or from shaving.

The dark, scaly, greasy spots that frequently come on the faces, hands or lips of those past middle life are much more apt to become cancerous. The technical name for these spots is "senile warts" and probably nearly 5 per cent of them develop into cancer if left undisturbed.

Horny Growths

Horny growths of all kinds are especially liable to end in cancer, in fact, a large percentage of them do. By horny growths are not meant the ordinary corns or callous places that so frequently occur on the palms or soles and which do not turn into cancer, but rather the protruding horny outgrowths that usually occur on the hands, face or scalp, but that may occur on any other part of the body.

Small Lumps

Small lumps or nodules in the skin or just beneath it sometimes become cancerous; in fact, Bloodgood states that the majority of cases of cancer of the skin and lip start this way.

Birth Marks

Birth marks of various kinds are occasionally the seat of cancer, so whenever it is noticed that a child has a birth mark of any description whatever, a physician should be consulted.

Ulcers

Ulcers due to syphilis, to tuberculosis of the skin or to almost any form of severe skin disease quite often develop into cancers, often of a very deadly type, hence it is highly important not to neglect them and to get them healed up as soon as possible.

Cancer of the Lip

Cancer of the lip is usually an unnecessary disease; it may be caused by the irritation resulting from a jagged tooth, or from a badly fitted dental bridge or plate. More frequently, however, errors in smoking are the cause. Burning or charring the superficial layers of the red surface of the lip from a hot pipe-stem, or from a short cigar stump are often responsible for the trouble that ends in cancer. Another cause is cigarette smoking where the paper sticks to the lip and is pulled off, leaving a little sore. Many cases of cancer come from badly chapped or cracked lips, due usually to exposure to the weather. Cancer of the lip is almost invariably a rapidly growing and fatal disease if not correctly treated and undoubtedly the best treatment is to get rid of the irritation before the cancer has started.

Cancer of the Kidney

Tumors of the kidney are relatively uncommon. In a series of some thirty-seven thousand cases, but twenty-three cases of tumor of the kidney were found. When tumors in general are considered, tumors of the kidney are found in only about 2 per cent of all cases.

Pain may be the first symptom of kidney cancer. As a rule, the pain is dull in

character, varying from a mere feeling of weight to a more or less gnawing pain in the side and back. It is rarely sharp and lacinating, but when this is the case, it comes on in attacks, and is usually associated with bleeding.

Cancer of the kidney, left untreated, as a rule, is a painful and always fatal disease. Early diagnosis of the condition and an early removal of the affected kidney is the only hope of cure.

Cancer of the Prostate

The prostate is a glandular organ of conical shape, surrounding the first part of the urethra as it leaves the bladder and lying just in front of the rectum, through the thin wall of which it can be felt. Owing to its intimate relationship with the outlet of the bladder and urethra, alteration in its size and shape, due to disease, may bring about serious mechanical obstruction to the flow of urine. This condition is usually referred to as prostatic obstruction and a study of our statistics show that 20 per cent of all men over 50 years of age are so affected to a certain extent. Two per cent of all men over the age of 50 develop cancer of the prostate, according to statistics.

To be successful, the treatment of cancer of the prostate, as is the case with cancer of any organ, depends upon its early recognition and its early removal by operation.

The Cure for Cancer

There is but one real cure for cancer. That is to take it out. Cancer never gets well of its own accord. Onec started, unless removed by a surgical operation, it progresses slowly but surely until the death of its victim. Modern surgical operation for early cancer is very safe. It can usually be made practically or entirely painless and produces only a small irregular scar, whereas caustic applications of "pastes" usually cause excrutiating pain, produce a large irregular scar and are far less certain. Even surgical operation is of little value if the disease is in the late stages.

Remember that in every case there is a time when the disease is curable and that **in the early treatment lies the hope of cure.**

Beware of advertised doctors, quacks; of advertised cancer cures; both lead but to the grave!

Quotations from C. V. Reynolds, M.D., Asheville, N.C.; Joseph Colt Bloodgood, M.C., Baltimore, Md.; Wm. L. Rodman, M.D., Philadelphia, Pa.; Franklin H. Martin, M.D., Chicago, Ill.; Henry H. Hazen, M.D., Washington, D.C.; Hugh H. Young, M.D., Baltimore, Md.

REPORT SUMMARIZING ACTIVITIES OF POLICE DEPARTMENT FOR MONTH OF OCTOBER, 1915

Sanitary nuisances	14
Sanitary nuisances attended to by Police Department	7
Unlocked doors	28
Dangerous places in streets, broken pipes, etc	27
Arc lights out	42
Fire hazards reported to Building Inspector	70
Accidents attended to by policemen	7
Lost children restored to parents	7
Lost and stolen property recovered	$3,201.75
Whiskey seized	40½ qts.

MILK TEST FOR RETAIL DAIRIES, OCTOBER, 1915

	BACTERIA	*B.F.	†SP.GR.	°T.S.
Biltmore (certified)	1,350	5.8	1.035	15.8
Biltmore	6,000	6.0	1.035	16.0
White Pine Creameries (Pasteurized)	12,000	4.6	1.032	14.7
Wildwood	15,000	5.0	1.032	14.2
Oak Springs	15,000	4.0	1.030	12.4
Mountain Springs	15,000	4.4	1.032	13.0
Fenner Farm	16,000	4.4	1.032	13.4
Middlebrook	16,000	5.2	1.032	13.4
Maple Leaf	18,000	5.2	1.032	14.4
Anandale	19,000	4.2	1.032	12.4
Maple Springs	20,000	5.0	1.032	14.2
Oak Grove	20,000	4.6	1.032	13.6
Laurel Springs	23,000	5.0	1.030	13.6
Burnsville Hill	23,000	4.6	1.029	12.6
Sevier Bros	25,000	5.0	1.032	14.2
Locust Grove	25,000	5.2	1.033	14.2
Sunset	28,000	5.6	1.032	13.6
Dryman Mountain	33,000	5.2	1.030	14.6
Hazel Green	38,000	4.4	1.032	13.4
Melrose	62,000	4.4	1.031	13.2
Mountain Range	65,000	5.0	1.032	14.2
Pleasant Hill	75,000	3.5	1.027	11.0

MILK TEST FOR WHOLESALE DAIRIES, OCTOBER, 1915

	BACTERIA	*B.F.	†SP.GR.	°T.S.
W. A. Baird	15,000	4.0	1.030	12.4
Sam Griffin	16,000	4.4	1.032	13.4
Emma Farm	16,000	5.6	1.032	14.2
Scarborough	18,000	4.6	1.033	13.9
W. A. Swain	25,000	5.2	1.032	14.4
Champion	25,000	4.8	1.032	14.2
D. Calloway	33,000	4.6	1.030	13.2
Garrison Bros	33,000	4.0	1.032	13.0
Stony Knob	35,000	5.0	1.030	13.6
Carter Bros	42,000	4.6	1.032	13.6
Elmer Carter	52,000	5.0	1.033	14.4
J. O. Baird	62,000	4.2	1.030	12.9
Gaither Hill Farm	63,000	4.0	1.032	13.0
I. V. Baird	92,000	4.6	1.032	13.7
Baird's Cove	117,000	5.0	1.032	15.0

All Dairy Herds are tuberculin tested annually.

The Bacterial Count by which our dairies are graded are averages of several samples taken during the month and indicate the relative care used to keep milk clean.

An average count of over 50,000 per unit would indicate careless methods.

***Butter fat (legal minimum 3.25); †Specific gravity (legal minimum 1.029); °Total solids (legal minimum 11.75) indicate the chemical composition of the milk. Samples below standard would indicate adulteration.**

STANDING ASHEVILLE RESTAURANTS AS SCORED BY U.S. STANDARDS

	EQUIPMENT	METHODS	FINAL SCORE
Y.W.C.A. Lunch Room	98	98	98
Langren Grill	98	98	98
Candy Kitchen	97	97	97
Broadway Cafe	97	97	97
Pisgah Cafe	95	95	95
Yuneda Dairy Lunch	94	94	94
Ashlyn Cafe	94	94	94
Railroad Restaurant	94	94	94
Crystal Cafetarian	90	96	92
New York Cafe	90	90	90
Baltimore Cafe	90	90	90
Central Cafe	94	87	89
Sullivan's	86	89	88
Rea Cafe	90	84	86
California Lunch Room	80	80	80
Gold Sun	65	88	80
Silver Moon	84	75	78
Home Cafe	75	77	76
Royal Cafe	72	75	74
United States Cafe	73	70	71
Mills' Restaurant	48	60	56
Farmers' Ready Lunch	44	50	51
Mills' Lunch Room	30	58	48
Bradley's Restaurant	35	50	45
Crescent (colored)	66	60	62
Y.M.I. Restaurant (colored)	62	62	62
Pearson's Quick Lunch (colored)	60	60	60
Williams' Restaurant (colored)	50	50	50
South Carolina (colored)	45	45	45

POINTS ALLOWED BY GOVERNMENT SCORE CARD—IN DETAIL

EQUIPMENT—CONSTRUCTION 10—Floors and Drainage 7, Walls 2, Ceilings 1.

ARRANGEMENT 7—Proper Rooms 4, Convenience 3, Light 5, Ventilation 5, Screens 5, Cellar 3.

PLUMBING 20—Kind, quality, location and condition—Water Closets 10, Sinks 10.

EQUIPMENT 25—Kind, quality, arrangement—Ice Boxes 15, Tables 5, Utensils 5.

WATER FOR CLEANING 20—Hot 15. Cold 5—Total 100.

METHODS—CLEANLINESS 20—Floors 5, Walls 3, Ceilings 1, Doors 1, Windows 1, Good Order 1, Free from Odor 2, Freedom from Flies 6.

EQUIPMENT (CLEANLINESS) 30—Ice Boxes 10, Tables 5, Sinks 5, Utensils 10 Employees' Cleanliness 5.

FOODS 30—Conditions 10—Storage 10, Handling 5, Cleanliness 5.

GARBAGE RECEPTACLES 15—Adequate 5, Location 5, Condition 5—Total 100.

Score for Equipment.....; multiplied by 1..... -----

Score for Methods.....; multiplied by 2..... -----

Total to be divided by 3..... -----

Final Score..... -----

REMARKS. (To cover such unusual conditions as sleeping accommodations, or the presence of domestic animals in or about work room, etc.)-----

---